

THE LINDLAHR
VEGETARIAN
COOK BOOK



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The Lindlahr Vegetarian Cook Book

AND

A B C of Natural Dietetics

BY
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AND
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Newly Revised and Enlarged

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FOREWORD

In this volume we do not intend to advance dogmatic, one sided assertions concerning the many sided and difficult problems of hygiene and nutrition, but we shall turn on these, from various angles, the light of rational inquiry so that the reader may be able to draw his own conclusions and test them in practical experience.

THE AUTHORS.

PREFACE

The Lindlahr Vegetarian Cook Book and A B C of Natural Dietetics represents a thoroughly revised and enlarged edition of the *Nature Cure Cook Book*. Since the *Nature Cure Cook Book* was first published in 1914 it has reached the fifteenth edition. This augurs well for the progress of the vegetarian movement in this country and for the popularity of the Lindlahr System of Natural Dietetics.

The book received practically no advertising except in our own publications and was not sold through agents or booksellers. It sold itself on its own merits.

Friends of the *Nature Cure Cook Book* may wonder why we changed the name. The works of various dietetic reformers have become known and differentiated as the Battle Creek, Tilden, Christian, McFadden and other systems. The authors of this volume have done pioneer work in the domain of Natural Dietetics. Their teachings and practical demonstrations, during the last twenty years, including both theory and an extensive institutional practice, have been revolutionary and epoch making. It is therefore fitting that their work be distinguished and recognized as the *Lindlahr System of Natural Dietetics* and their new book as *The Lindlahr Vegetarian Cook Book*.

Revision and enlargement became a necessity for several reasons. Since the first edition of the *Nature Cure Cook Book* was published, many new and highly important discoveries have been made in the field of food chemistry and scientific dietetics. Outstanding among

these are the discoveries of the *Amino-acids* (see pages 380 to 384) and of the *Vitamines* (see chapters IX to XVI). It is a remarkable fact that these epoch-making revelations of modern up-to-date science confirm many of the fundamental teachings of *Nature Cure Philosophy and Practice* and of *The Lindlahr System of Natural Dietetics*, which only a few years ago were condemned and ridiculed by orthodox science as visionary theories of ignorant tyros and faddists.

Strict vegetarians and advocates of unfired food criticized our *Nature Cure Cook Book* for containing spices, condiments, combinations too rich in starch and protein and too many cooked food recipes. Those who prefer to live on uncooked food will find in this cook book hundreds of raw food recipes and useful suggestions for the selection and combination of unfired food. But the book is not intended for those alone who have already solved their dietetic problems. A person living on raw food does not need a cook book, but those who have adopted the Edenic way of living are as yet vastly in the minority. The masses of mankind are still strongly bound to the flesh pots of Egypt. It is practically impossible to convert these carnivora suddenly from the deeply ingrained meat-eating habit to a strict fruit and vegetable diet. The gradual substitution of vegetable starch and protein for flesh food is easier and safer.

A well balanced vegetarian diet, as given in our institution, consisting of combinations of raw relishes, salads, and a moderate amount of cooked foods, is a sufficiently radical change for the majority of those who place themselves under our care and treatment. As they become adapted and accustomed to the vegetarian regimen, we reduce the starches, fats, and pro-

teins, and increase the amounts of fruits and vegetables in their dietary until they thoroughly relish the delicate flavors of fruits and vegetables.

The *Nature Cure Cook Book* was planned to serve as a bridge from the customary meat diet to rational vegetarianism and to more radical changes in dietetic habits. It should be in every home in this country, but this desirable consummation cannot be realized if its dietary is too extreme and too restricted along raw food lines. The sooner the convert to vegetarianism learns to reduce starches and proteins to a minimum and to avoid the use of spices and condiments, the better for his health, and the more thoroughly will he learn to enjoy meatless and unfired cookery. The more normal and natural the system, the greater will be the enjoyment of natural food. The gustatory (taste) organs of a body saturated with meat poisons, alcohol, nicotin, caffenin, theobromin, and other food, drink, and drug poisons have lost the capacity for sensing and enjoying the delicate flavors of natural food. As the system gradually purifies and the organs of sight, smell, and taste become more normal and sensitive, they enjoy more thoroughly the sight, smell, and flavor of vegetables, fruits, nuts, and cereals—the natural food of man. A diseased body craves abnormal food. The system of drug fiends and alcohol addicts has to be purified and regenerated by natural food and treatment before these sufferers can be permanently cured of their unnatural cravings.

The transition from the conventional, harmful habits of living in eating, drinking, bathing, exercising, and so forth, to the natural ways should not be made too abruptly. It necessitates a gradual re-education of the system from flesh foods to fruits and vegetables, from

warm water to cold water bathing, from little or no exercise to systematic, curative gymnastics.

However, we have endeavored to comply with the demands of our Simon-pure, conscientious vegetarian friends to a reasonable extent by reducing the number of complicated recipes over rich in starch and protein, by increasing raw food recipes and giving these first place in the various groups. Thus we have arranged throughout the book a gradation from simple raw food recipes to more complicated and heavier ones.

Last but not least we have endeavored to overcome one of the principal objections to the *Nature Cure Cook Book*—its scanty indexing. In this new edition both the practical and theoretical sections have been provided with very complete indexes, which make it easy to locate any particular recipe and every important subject under discussion.

THE AUTHORS.

CHRISTMAS 1921.

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The Lindlahr Vegetarian Cook Book

KEY TO OUR SYSTEM OF RECIPE MARKING

Another cook book? Yes, but a cook book different from all others. It not only provides wholesome and palatable recipes, but it may be used as a guide by physicians and patients, by students of the science of dietetics, by all those who wish to apply intelligent instead of haphazard methods in the selection, combination and preparation of their food.

The science of Natural Dietetics elaborated and practically tested and applied for twenty years by the authors of this volume has reduced the problem of food selection and combination to an exact system which stands every test of theoretical inquiry and of practical application.

Many vegetarian cook books are now on the market, but it seems that none of them fully satisfy the demands of the public, and there are good reasons for this. Some of these books contain few recipes except those composed of starches, fats, sugars and proteins. Recipes for the preparation of fruits and vegetables, which represent the mineral group in our system of dietetics, are conspicuous only by their absence. Others contain only raw food preparations. Still others give misleading advice and make erroneous statements. One of the most widely known vegetarian cook books, for instance, advises that all leafy vegetables "be

thoroughly cooked and pressed out'' in order to remove harsh flavors. Such treatment, of course, leeches the organic salts and vitamins and thus removes the most valuable elements of nutrition in the vegetable.

No matter, however, how good and true the theoretical directions, nor how carefully prepared the recipes, most persons find it difficult to apply the principles of Natural Dietetics in the kitchen. While they may fully understand the theory of food selection and combination, they do not know the chemical composition of the different food materials, and therefore find it impossible to select and combine to the best advantage.

The same is true of physicians, and students of dietetics. Though they may understand thoroughly how starches, fats, proteins and organic salts should be combined in order to meet the requirements of the body for the various elements of nutrition, they seldom have sufficient knowledge of food analysis to prescribe or carry out a system of rational food combination, such as taught, for instance, in Natural Dietetics. They would be at a loss to know in what proportions starches, proteins, organic salts, and so forth, are contained in wheat, beans, nuts, bananas, apples, or other food material, unless they had made a special study of food chemistry.

Furthermore, the physician who possesses this knowledge cannot impart it to the nurse or cook who has to provide the food for the patient.

This difficulty is increased in cases of sickness and invalidism, when special care in the proper selection and combination of food becomes a vital necessity, and when errors in diet may be far reaching in their harmful consequences.

In order to overcome these difficulties and perplexities of the physician, the nurse, the cook and the patient, in an easy and thoroughly practical way, we have evolved the following plan:

We have divided all food materials into the following five groups. (See diagrams on pages 403 and 404.)

Group I—Starches.

Group II—Dextrins, Sugars.

Group III—Fats, Oils.

Group IV—Proteids: albumen, gluten, myosin, hemoglobin, and so forth.

Group V—Positive Mineral Elements: potassium, sodium, iron, lime, magnesium, manganese, and lithium.

Every recipe in this cook book, underneath its title, will be marked in such a way as to show the various food elements which it contains, in the order of their amount and importance. In order to make easier reading and to avoid confusion, we shall use in these markings the initial letters of the food groups, (instead of the numbers of the groups), as follows:

St—for Starches (Group I).

S—for Sugars (Group II).

F—for Fats (Group III).

P—for Proteids (Group IV).

M—for Mineral Elements (Group V).

For instance, if starches outweigh the other food elements in a recipe, St will be placed first and the other elements after, in the order of their importance in the recipe. If the organic mineral salts constitute the predominating food elements, M will have first place. The food elements which are present in a recipe in considerable quantities will appear in black face

type. Those which are present in negligible quantities will appear at the end of the line, separated by a dash (—), in light face type. For instance,
St S P—F M

In the following we give a few practical illustrations:

Combination Salad

Groups **M F**

Ingredients: Lettuce, cucumbers, tomatoes, Spanish onions, lemon juice, olive oil.

Wash lettuce, removing defective leaves. Slice cucumbers, tomatoes and Spanish onions rather thin, arrange on the lettuce; serve with a dressing made of two parts olive oil to one part lemon juice.

Lettuce, cucumbers, tomatoes and onions contain large quantities of the five positive mineral elements. Mineral elements are also predominant in the lemon juice of the dressing. The olive oil, on the other hand, contains nothing but various kinds of fats. Accordingly this recipe is marked Groups **M F** (Group M, mineral elements; Group F, fats and oils). Both groups are present in considerable quantities, therefore both appear in black face type.

Our Health Bread

See recipe for health bread on page 210.

Groups **St P—M F S**

This bread contains about forty percent starches, ten percent protein (gluten), five percent cereal fats and vegetable oil, three percent sugar, which has formed in the fermentation of the dough, and ten parts

per thousand of positive mineral salts. Starch and protein, occurring in the largest amounts, are placed first in the marking and appear in black face type. Fats, sugar and mineral elements being present in small amounts only, appear in the order named after the dash, in ordinary type.

Milk

Groups **M S F P**

In explanation of this formula we will give the contents of milk in round figures. (See table on page 484.) There is no starch in the milk. The starches of the ingested food materials through the processes of digestion have been changed into dextrin and sugar.

Group II. Carbohydrates, (sugars)—milk-sugar, 6 percent.

Group III. Hydrocarbons—fats, 4 percent.

Group IV. Proteins—casein, $3\frac{1}{2}$ percent.

Group V. Positive Mineral Elements—potassium, iron, sodium, lime, magnesium, altogether 23 parts per thousand. The Mineral Group is placed first in the marking because milk is a positive food, that is, the milk is rich in the positive mineral elements in comparison to the negative food elements of the first four groups.

In studying these percentages one must not become confused by the fact that the mineral elements are present only in minute quantities, in parts per thousand, while the other food elements occur in much larger quantities in parts per hundred. The positive mineral elements, though occurring in foods and in animal and human bodies in small quantities only, are nevertheless of immense importance in the vital

economy of the body. They are therefore given first rank in the markings of the recipes whenever they occur in similar or in higher proportions to those in milk. Milk, aside from red (arterial) blood of animals, is the only normal or standard food combination and therefore is our yardstick in measuring and estimating the chemical composition of other food combinations.

What Constitutes a Natural Diet?

Doctors and laymen who are not acquainted with the principles of natural dietetics ridicule the idea that it is possible to prescribe a diet which will "fit everybody." A careful study, however, of the explanatory articles in this volume will show that there must be a combination of food elements which in certain well-defined proportions will fit the demands of the normal, human body. This combination must conform in its component elements to the chemical composition of milk or red (arterial) blood. In other words, any meal or diet, temporary or continuous, in order to be normal or natural, must conform in its chemical composition to that of milk or arterial blood. If we express this food combination in percentages of our food groups the formula would read as follows:

A natural diet, which is to fill the demands of the human organism, must consist one-half of the food materials of Group V (mineral elements) and one-half of the food elements of Groups I, II, III and IV, (starches, sugars, fats and proteins).

Any meal or diet composed in the foregoing proportions conforms to what we designate as normal or natural in food combinations.

Diet Prescriptions Made Easy for the Doctor

It will be seen that, no matter to what school of medicine a physician belongs or what may be his ideas as to the diet to be used in different diseases, the system embodied in this cook book will enable him to give his diet prescription in a few words, with absolute precision, covering every possibility of food selection and combination.

Formerly, in a case of, say, Bright's disease, the doctor could give only very general directions. He would, perhaps, say to the patient: "Exclude from your diet all foods that are rich in protein, such as meat, eggs and gluten."

But the patient or the nurse might not always know what foods are rich in protein, or whether a particular recipe contained protein in objectionable quantities. Furthermore, they might not know what to substitute for the foods containing protein so as to provide the patient with a variety of nourishing and appetizing dishes.

Under the plan proposed in this book, the physician, if he desires to prescribe a low protein diet, rich in organic mineral salts, will write his diet prescriptions as follows:

R. Groups: M—one-half
 St and S—one-fourth
 F—one-fourth

If, on the other hand, the physician should, in a case of diabetes, wish to reduce the carbohydrate foods and increase those rich in protein, his prescription would read as follows:

R. Groups: P—one-half
 F—one-fourth
 M—one-fourth
 Avoid St and S

As before stated, it is not possible to carry out these directions to the letter, that is, to exclude any of the five groups entirely. While most food materials predominate in the elements of one or two groups, they generally contain small amounts of the elements of the other groups in varying combinations. The latter appear in the markings in light face type.

For instance, the substance of wheat consists almost entirely of starches and proteins, but it also contains fats and organic mineral salts in comparatively small quantities (starches, 65 percent; proteids, 10 percent; fats, 2 percent; organic salts, 8 to 10 parts per thousand).

The patient, or whoever is to carry out the doctor's directions in the kitchen, will always find it an easy matter to do so intelligently and consistently with the help of this cook book. All that needs to be done is to compare the diet prescription with the group markings of the recipes and to select those that conform most closely to the physician's prescription.

It will be seen that this system of marking all recipes allows the widest possible range of choice in the selection, combination and mode of preparation of foods. If there be restrictions in the use of certain food elements in certain diseases as, for instance, the exclusion of starchy food in intestinal indigestion, the group markings will indicate plainly and at a glance all those recipes which should be excluded and those which may be used in safety.

We have purposely allowed some latitude in the use of the dairy products, eggs, spices and condiments for the sake of those who may be in the stages of transition from a meat diet to the natural regimen, and also for the sake of those who do not care to apply the principles of vegetarianism to the fullest extent. Those who desire to carry out a vegetarian or raw food regimen more strictly and consistently may modify or exclude the use of dairy products, spices and condiments in the recipes to suit themselves.

A Timely Warning

This may be the place for a timely warning. Do not become finical or hypochondriacal over the matter of food selection and combination. The man who eats with a scale by his side, weighing every bite of food he takes, is to be pitied. His over-anxiety prevents the natural enjoyment of food, and tends to produce mental and nervous dyspepsia.

It is not possible to conform exactly, by weight and measure, to the prescriptions and group markings given in this book, nor is it necessary in order to secure good results. What we are trying to supply (and what has been lacking heretofore) is **a rational system of food classification** which can be understood and applied by anybody possessed of ordinary intelligence in order to procure for himself or for those entrusted to his care the diet that is most suitable for the individual conditions and requirements.

If those who follow the general directions for food selection and combination given in this book will keep fairly close to the proportions indicated in the group markings of the recipes, they will always be within

safe limits and need not worry about the fitness of their diet.

In cases of serious illness and digestive troubles, it is always best to consult a competent physician about dietetic as well as other treatment. It must also be remembered that even the most wholesome foods, in the best possible combination, cannot be properly digested and assimilated if the digestive organs are in a sluggish, atrophic condition. In such cases these organs must be made more alive and active through natural methods of treatment.

The chemical properties and the functions of the five groups of foods are fully explained in Part II of this volume.

UNCOOKED FOOD VERSUS COOKED FOOD

Though this is a "cook book", we find it necessary to begin with a recommendation of uncooked food. Much can and should be said in favor of raw or unfired food. Less boiling, roasting and fermenting, and more of raw food would undoubtedly do away with a great deal of weakness and disease.

Nature did not create man with a cookstove by his side. Man existed on this planet for ages before he knew how to start a fire, and in those days of unfired food he was, undoubtedly, like all the rest of God's creatures who live in the freedom of nature, healthier and stronger physically than the present day diseased and degenerate product of artificial living and hyper-civilization.

This does not mean that we advocate a return to savagery and barbarism. But we do claim that with the highest attainments of modern civilization we can combine the simple and rational ways of living and of treating human ailments which will insure health of body and mind, the highest efficiency, and the greatest possible capacity for the enjoyment of life.

The constant use of cooked, highly spiced and fermented food takes away the relish of natural uncooked food. It deprives man of the natural instinct and intuition for the right selection and combination of foods. The majority of people in this country, reared from infancy on the most unwholesome and hap-

hazard food combinations, have lost the capacity for tasting and enjoying the delicate natural flavors of fruits, nuts and vegetables. Mankind, for ages, has lived almost entirely on cooked and highly seasoned foods and stimulants. This has atrophied the taste buds in the tongue and palate. Natural sensitiveness for the finest flavors of fruits, nuts, vegetables and other uncooked foods can be restored only by using the latter much more liberally in the daily dietary.

Fruits

The most delicious and wholesome raw foods are the juicy fruits. While they run low in starches, fats and proteids, they contain large amounts of the positive organic mineral salts (vitamines).

They are, therefore, Nature's own medicines,—splendid tonics, natural stimulants, cholagogues, purifiers, antiseptics, anthelmintics and febrifuges. The only medicines we ever prescribe in inflammatory, febrile diseases are acid fruit juices diluted in water.

The finest medicinal fruits are the acid and sub-acid varieties, such as lemons, oranges, limes, grapefruit, pineapples, tangerines, apricots, apples, green gages and other plums, and certain subacid varieties of cherries, pears, peaches, nectarines, and similar fruits. While these fruits contain highly organized acids, such as malic, oxalic and citric acid, they are very rich in the positive, alkaline mineral elements, and have, therefore, an acid binding and acid eliminating effect upon the system.

The prevalent idea, encouraged by many physicians, that acid fruits and acid vegetables cause rheumatism and other acid diseases, is entirely without foundation.

This mistaken idea has arisen from the fact that all juicy fruits and vegetables are rich in alkaline organic salts, which dissolve the acid deposits in the tissues and throw them into the circulation. This temporarily overloads the blood stream with acids in solution, irritating the tender membranes of joints, muscles, brain and nerve tissues, and thus creating the various symptoms of collemia or acute uric acid poisoning. As a result the urine shows an increase in acids, xanthins, indican and other forms of systemic poisons, which without an understanding of the cause of their appearance are regarded as "deleterious effects of vegetarian and raw food diet."

This increased elimination is unavoidable, if the patient is ever to be cured of his chronic rheumatism and other acid diseases—yet fruits and vegetables are blamed for causing rheumatism.

Lemon Juice the Most Efficient Antiseptic

The fruit acids, instead of being injurious to the system, are powerful solvents for morbid accumulations of an alkaline nature.

In the (external) treatment of wounds and bedsores, even of a most serious nature, we never use anything but lemon juice diluted in water—the juice of one-half lemon in a cup of boiled or filtered water.

Lemon juice is a wholesome food and at the same time is the finest natural antiseptic in existence, while most of the medicinal antiseptics and germicides are powerful protoplasmic poisons which benumb and kill, not only disease germs, bacteria and parasites, but also the healthy cells and tissues of the body. Since lemon juice is such an efficient antiseptic externally, it must

have similar effects internally. This is true, not only of lemon juice, but also in a modified degree of all other acid and subacid fruits and vegetables.

Our treatment of wounds is, in other respects also, altogether contrary to the teachings of the orthodox medical schools. While they bury wounds under many layers of bandages, soaked in poisonous antiseptics, we expose them as much as possible to air and light. The results are simply marvelous. Many wounds and sores which had entered upon the advanced stages of necrosis under the orthodox antiseptic treatment, and old varicose ulcers of many years' standing, we have healed perfectly with the simple lemon juice, air and light treatments.

Even advanced medical science has proved the truth of these statements through experience during the late World War and has heralded the "discovery" as one of its great achievements.

Fruit Juices the Best Medicines for Babies

All babies under our care, from the second week of their mundane existence, are given acid fruit juices in between the milk feedings. This is the best cure for rachitic diseases, because in the fruit juices the infant receives an abundant supply of the bone and tissue building materials. To give lime water, iron, sodium and other minerals in the inorganic mineral form, when the luscious fruits contain all these elements in the live, organic, vitaminic combinations is, to say the least, very short sighted. The acid fruits also contain considerable amounts of fruit sugars—the finest forms of organic sugar in nature.

Sweet Fruits

The sweet, alkaline fruits, such as figs, dates, grapes, persimmons, melons, cantaloups, and certain varieties of peaches, pears, and the like, are very rich in highly refined, organic sugars, all ready for assimilation, and contain considerable amounts of the positive, organic mineral salts. They are, therefore, nourishing, purifying and stimulating.

Dates rank highest in sugar, but are comparatively poor in organic salts. Figs make a much better showing. While they contain in round figures sixty percent of saccharin elements, they are also very rich in the positive organic salts, containing over ten parts per thousand of sodium, seven per thousand of lime, four per thousand of magnesium. This explains their excellent relaxing, laxative properties. Sweet grapes rank low in proteids, but high in sugar. They contain about one percent nitrogenous elements, no fats, about sixteen percent of sugar, and rank fairly high in organic salts—about twenty parts per thousand.

The value of the grape cure, like that of the milk cure, lies largely in the fact that it is a mild and pleasant form of proteid and starch starvation. The grape sugars burn up (oxidize), and the alkaline mineral elements neutralize and eliminate the acid by-products of starch and proteid digestion.

Berries

Berries are still richer in the positive, alkaline mineral elements than the acid and subacid fruits. Therefore, they possess great medicinal values. The country people in Germany gather in their seasons,

the different kinds of berries, and preserve and dry them for use in the winter.

Huckleberries, blueberries, blackberries, raspberries, strawberries, gooseberries, elderberries, currants and cranberries, besides being delicious raw foods, make excellent soups, drinks and desserts, and are to be classed among Nature's finest remedies. They run from forty to one hundred parts per thousand in the positive, alkaline mineral elements.

The widespread belief that the seeds of berries and fruits are responsible for many cases of appendicitis is another fairy tale. The best way to prevent appendicitis is to live largely on seed-containing fruits and berries, and on other kinds of raw food. The small seeds which are swallowed act as scourers of the intestinal tract. They stimulate the peristaltic movements of the bowels and are natural laxatives. Appendicitis, in ninety percent of all cases, is caused by a sluggish, atrophic condition of the intestines.

Huckleberries, blueberries and blackberries are excellent medicines, not only for diarrhea but for all other ailments of the digestive tract. In severe diarrhea, dysentery, bloody flux and cholera morbus, no food whatsoever should be taken—only water mixed with acid fruit or berry juices. Blackberries and raspberries make delicious drinks and are fine tonics for weak stomachs.

Nuts

Nuts are by far the richest foods in nature. They contain only about five percent of water—all the rest of their substance is solid nourishment. On an average, they contain from ten to twenty percent of proteins, fifty to sixty-five percent of fats, five to ten

pereent of carbohydrates, and from ten to twenty parts per thousand of the positive mineral elements.

The most eostly beefsteak contains only from twenty to thirty pereent of nourishing substance, and seventy pereent of impure water.

Nuts, on the other hand, are three times richer than meat in fats and proteins, and their delicious flavors are enjoyed best when eaten raw. They are, therefore, the finest substitutes for meat in the diet of the vegetarian and fruitarian. The only danger lies in eating too many of them. They should be taken in moderate quantities only, and always in combination with foods of the mineral group.

No wonder many people say "nuts do not agree with me," when they eat them by the handful after a heavy meal of meat, potatoes and vegetables. The vegetarian uses nuts, **not with meat**, but in place of meat.

Many nut recipes will be found among salads, croquettes, roasts, and sandwich fillings.

Vegetables

The leafy, juicy vegetables which grow in and near the ground rank lower in proteins and starches and still higher in the positive mineral salts, than the fruits and berries. They are, therefore, best suited to balanee in the diet the aeid produeing starches, sugars, fats and proteins. The mineral salts, contained in the juicy vegetables in larger amounts than in any other class of foods, are the real blood, bone and nerve builders, the most valuable antiseptics, blood purifiers and generators of the positive, electromag-netic energies in the body.

In the divisions "Salads" and "Vegetables", we have described the best ways of preparing vegetables, uncooked and cooked. Among these recipes will be found the most delicious combinations of raw berries, fruits, nuts and vegetables.

None of the vegetables belonging to group five, which are relished raw, are improved by cooking. The cooking more or less destroys the vitamins and dissipates to some extent the vital energies latent in the vegetable protoplasm.

Uncooked Cereals

Seeds are highly charged with the sex principle, which in physical matter is the highest expression of life force. All seeds, such as cereals, nuts and legumes, which can be used as foods are, therefore, especially rich in the life elements—in vital magnetism or vitamins—and these vital energies remain unimpaired and most effective in the uncooked foods.

While the digestive apparatus, in the case of most people, through the constant use of cooked and highly spiced foods, has lost its ability to thoroughly digest and assimilate the raw starches of cereals, it is good practice to partake of some raw cereal at one or more meals every day. They should be freshly ground or cracked in the hand mill, or soaked, dried and flaked in a grain and nut flaker.

Flaked and rolled grains can be bought in every well equipped grocery, but these seldom consist of the whole grains, usually having been robbed of the mineral elements. The surest way is to buy the grains and prepare them at home. A mixture of rolled oats, wheat and rye in about equal proportions, with additions of

pine nuts and raisins, makes an excellent and palatable substitute for baked bread. The flaked grains may be mixed according to individual taste and fancy, with various kinds of nuts, raisins, figs, dates or other uncooked fruits and berries. A great variety of palatable and tempting uncooked strength food dishes can be prepared in this way.

Raw Sugars

Always the natural sugars should be used. Honey is the very best of all and should be given preference when available. Maple and pure cane syrup come next in order; then the brown, unrefined cane or beet sugar. The highly refined, inorganic sugars—granulated, pulverized and loaf—should not be used. The reasons for this are clearly explained in Part II of this volume, page 446.

Foods and Thirst

Those who adopt a vegetarian diet soon find that they are not as thirsty and do not require nearly as large an amount of fluids as they did under the meat diet. The following explains why this is so.

The juicy fruits and vegetables contain on an average about ninety percent of water. These fruit and vegetable juices, prepared in Nature's own laboratory, supply in the best possible form the demand for fluids in the animal and human body. They are cooling, refreshing, and saturated with the most valuable medicinal elements found in nature.

These vegetarian foods, therefore, are non-heating and non-irritating, and contain in themselves large amounts of pure and wholesome fluids. Flesh foods,

as we have learned, are saturated with uric acid, poisonous alkaloids and ptomaines, which have a stimulating, heating and irritating effect upon the system. This is further increased by the spices and condiments necessary to cover the unpleasant odor and taste of the flesh. Large amounts of fluids are required to counteract the heating and corroding effects of these systemic poisons, and to "wash" them out of the system.

Herein lies the reason why a meat diet creates abnormal thirst and is most conducive to the forming of the drink habit, while the adoption of a fruit and vegetable diet is the best remedy for the abnormal craving for drugs, tobacco, and spirituous liquors.

MEDICINAL VEGETABLES AND RECIPES

Carrots and Beets Good Worm Remedies

Carrots and beets are very rich in organic sugars and mineral salts, and are, therefore, excellent blood builders, purifiers and worm killers. They are valuable foods in all forms of anemic and acid diseases.

Children, especially those afflicted with intestinal parasites, should be allowed to eat all the raw carrots and beets they desire.

Pumpkin Seeds, Good Tapeworm Remedy

Peeled pumpkin seeds, administered after sufficient preparation by natural living, treatment and fasting, will harmlessly and promptly remove tapeworms, roundworms, pinworms and other parasites. This remedy should, however, be used under competent advice. Santonin, filixmas and other poisonous anthelmintics may kill the worms, but they also paralyze the intestines,—in many instances causing lifelong constipation and intestinal indigestion.

Flaxseed Tea for Colds

Flaxseed tea is a valuable remedy for colds, croup and catarrhal diseases. It has a soothing and healing effect upon the raw and sore membranes of the throat, and upon the digestive and urinary organs. Take a few tablespoonfuls of this tea when needed to allay

the soreness in the throat and bronchi. The best way to prepare this tea is to boil a tablespoon of flaxseed in three cups of water for five minutes, then strain and add some honey and lemon juice.

Rutabaga Syrup for Colds

Rutabagas furnish another splendid remedy for colds, croups and catarrhs. Take a large rutabaga, scrub clean with a vegetable brush but do not peel, then wipe dry. Remove top and scoop out center, leaving a shell about an inch and a half in thickness. Fill cavity with unrefined brown sugar or with pure maple sugar. Now place in a very slow oven or on top of a cookstove for eight to twelve hours, in such a way that the sugar and the juice of the rutabaga forms a thick syrup. Care must be taken that the applied heat is not too great, lest it bake the root and dry up the syrup. If the sugar absorbs too fast, more must be added. A teaspoonful of this syrup should be taken whenever needed to allay the irritation and soreness in the throat and bronchi.

Kidney Tonics

Teas made from watercress, asparagus or juniper berries have a relaxing effect upon the urinary organs and are therefore valuable aids to promote the flow of scanty urine. Warm relaxing sitz baths and hot compresses over the bladder are also valuable aids in relieving retention of urine. If the urinary organs are affected by inflammatory conditions, cooling compresses and sitz baths must be applied.

Onion and Grated Potato Poultices for Inflammations

Slightly fried onions make excellent drawing and soothing poultices for inflammations in the middle ear. Apply warm.

Grated raw potatoes applied as poultices are the best of all remedies in the worst forms of inflammations of the eyes such as glaucoma, trachoma, gonorrheal infection and iritis. The raw potato poultices must be renewed before they become hot and dry.

Cottage Cheese and Gruel Poultices

Fresh cottage cheese or oat gruel poultices, warmed to blood heat, make good ripening and drawing poultices for runabout abscesses, boils, furuncles, carbuncles and infected wounds.

Horseradish and Pineapple Good Counter-Irritants

Grated horseradish, pineapple or mustard makes good drawing counter-irritant poultices for inflammations in the throat, lungs, or other organs of the body. The juice of pineapples (raw or cooked) is a good remedy for colds, coughs and croup.

Natural Laxatives

The best natural laxatives are figs, prunes and raisins, raw or stewed. In febrile conditions and when solid food cannot be taken, give the juices. Raisin juice acts better on some people than figs or prunes.

Still others are aided greatly by eating young, green onions, Spanish onions, scraped sweet apples, or by taking raw rhubarb juice.

POPULAR SUPERSTITIONS

Strawberries and Cucumbers—Purifiers, not Poisons

Writers of the Woods-Hutchinson type on hygienic subjects have created a popular superstition that strawberries, cucumbers, tomatoes and other medicinal fruits and vegetables are poison foods, because they sometimes produce skin eruptions, diarrheas and other forms of acute elimination.

Cucumbers as they come from the garden are medicine to the human body, especially in diarrheas and cholera morbus. They are homeopathic to such conditions. It is wrong to soak them in salt, pepper and vinegar. In their natural state they are great purifiers, counteracting the poisons of flesh foods, alcohol and tobacco. Because they eliminate the noxious accumulations of these poisons in a somewhat drastic manner many physicians as well as the laity regard them as harmful and poisonous. This is "blaming the broom for raising the dust". When properly prepared, or rather when not prepared at all aside from cleansing, they rank among the most wholesome products of the soil.

The rinds of the cucumbers contain a valuable kidney tonic and should not be removed if tender and palatable.

Grapefruit does not contain quinin, though, like all other acid and subacid fruits and vegetables for reasons elsewhere explained, it is an excellent remedy in all inflammatory febrile diseases.

Tomatoes do not make cancer, but help to cure it. Most of our cancer patients, at one time or another while undergoing treatment, usually during the healing crises, develop a strong appetite for tomatoes, and we always encourage them to satisfy this craving to the fullest extent.

No Opium in Lettuce

Lettuce is a splendid remedy for soothing tired and irritated nerves, and for relieving insomnia. Its sedative qualities, however, are not due to opium. Lettuce does not contain the slightest trace of opium, but it is very rich in the positive, alkaline mineral elements. These neutralize and eliminate the poisonous acids and alkaloids which irritate and over-stimulate the brain and nervous system, and cause all kinds of nervous troubles.

Peaches do not contain prussic acid. It is true that the seed of the peach contains minute quantities of this poison—not enough to be harmful—but the luscious flesh of the peach does not contain the slightest trace. It is regrettable that people should be frightened from enjoying one of Nature's most delicious and wholesome products through this foolish superstition.

Neither do watermelons cause malaria. This is a widespread, superstitious belief among southern people, for whom plenty of fresh watermelons in their season would be the best possible preventive of malaria. True, watermelons in a condition of decay may, like all other such foods, become dangerous to health, but when ripe and fresh this delicious, juicy fruit is one of Nature's finest cooling and purifying medicines—one of the best known cures for malaria and other

febrile diseases peculiar to hot climates. If the Southern people would use more watermelons and other juicy fruits during the heated seasons, instead of so much lard and other greasy foods, for which they seem to have a curious fancy, they would not be so prone to these maladies.

RULES FOR MEASURING

A cupful of any ingredient means a half-pint cup. Such measuring cups are made of tin, glass or aluminum and it is convenient to have two, one divided into quarters and the other into thirds.

Flour, sugar and butter, in recipes calling for tablespoonfuls, should be measured rounding, as they mean a given weight.

A rounding tablespoonful of flour weighs half an ounce.

A rounding tablespoonful of butter or other solid fat weighs an ounce.

Four saltspoonfuls make one tablespoonful.

Four teaspoonfuls make a tablespoonful.

Four tablespoonfuls make one gill.

Two gills, one cup or half a pint.

Two pints, one quart.

A cupful of butter, half a pound.

A cupful of flour, a quarter of a pound.

A cupful of brown or granulated sugar, half a pound.

A cupful and a quarter of powdered sugar, half a pound.

A pint of liquid, as a rule, one pound.

SALADS AND SALAD DRESSINGS

Key to reference letters: **St**, starches; **S**, sugars; **F**, fats; **P**, proteids; **M**, mineral elements.

The leafy, juicy vegetables and the fruits are most beneficial when eaten raw without dressing, or when prepared simply with lemon juice and olive oil.

Never use vinegar or pepper and salt with raw vegetables. Lemon juice is the most delicious substitute for vinegar. Vinegar, a product of fermentation, is a powerful antiseptic and preservative. It is useful for preserving food in the pantry, but it is not advisable to preserve food in our stomachs. Vinegar retards digestion; lemon juice promotes it. An exception to this is the digestion of the starches in the stomach which is somewhat retarded by acid fruit and vegetable juices. Mayonnaise and French dressings should be prepared with lemon juice instead of vinegar.

Every meal should contain a considerable proportion of uncooked fruits and vegetables, which are best served in the form of tempting salads. However, we have not confined ourselves to salads made from raw fruits and vegetables but include also more elaborate combinations to be used for a change, or for special occasions.

In the summer, salads should take the place, to a large extent, of soups and cooked foods. For luncheon, an appetizing fruit or vegetable salad with whole grain bread and, if desired, a glass of milk or fruit juice, will be found fully satisfying and sufficient for the

brain worker, as well as for one engaged in physical labor.

The salad should be served at the beginning of the meal.

There are certain rules regarding the preparation of salads which should be observed under all circumstances:

(1) Strong condiments and spices should not be used. They over-stimulate and thereby irritate the digestive organs, the nerves and sex centers, interfere with proper digestion and assimilation, and thus result in a corresponding degree of weakness which affects the entire organism.

(2) Lemon juice should be used instead of vinegar, for reasons previously stated.

(3) Seasoning and dressing should be added at the last moment, just before serving.

Any of the following green vegetables may be served singly or in various combinations with the dressings which follow, that is:

Lettuce is very appetizing with lemon juice and honey only, or with any of the dressings.

Cucumbers may be sliced in the ordinary way with any of the first six dressings. They are very palatable when quartered lengthwise and sprinkled with lemon juice and olive oil.

Sliced onions, sliced tomatoes, cucumbers, endive, Swiss chard, young carrots, green peas in the pods, nasturtium leaves and green seed pods, celery, cabbage, young spinach, parsley, water cress and dandelions are good with any of the dressings mentioned, to suit individual taste. Water cress is very palatable with lemon juice and olive oil. The flavor of tomatoes blends well with mayonnaise, or with dressing No. 4.

For the information as well as for the convenience of the user of this book, the simpler recipes, under both dressings and salads, are grouped first. From among these recipes should be selected those to be used in the curative diet, and, in the main, for the normal diet as well. The more complex recipes appearing later should be used only occasionally, if at all, in the normal diet. In salad recipes where choice of several dressings are given, the simple ones should always be used in the curative diet.

1. **Salad Dressing**

Group **M**

Lemon, orange or rhubarb juice.

2. **Salad Dressing**

Groups **M S**

Lemon or rhubarb juice and honey, 2 parts juice to 1 of honey.

3. **Salad Dressing**

Groups **M F—S**

Lemon, orange or rhubarb juice and olive oil. Add honey or brown sugar, if desired.

4. **Salad Dressing with Onion Flavor**

Groups **M F**

To $\frac{1}{2}$ cup oil or cream add the juice of 1 lemon and a pinch of salt. Beat well, then add the juice of 1 large onion, or 1 grated Spanish onion or finely chopped parsley.

5. **Nut Butter Dressing**

Groups F P M—S

Mix well 1 part lemon juice with 2 parts nut butter, recipe 743. Sweeten with a little brown sugar, maple syrup or honey, if desired.

6. **Sour Cream Dressing**

Groups F S M

To 1 cup sour cream add 3 teaspoons honey or brown sugar, and lemon juice to taste. Mix well.

7. **Cream Salad Dressing (1)**

Groups M F

1 cup cream, juice of 1 lemon, 1 tablespoon each of onion juice and olive oil, and a pinch of salt.

8. **Cream Salad Dressing (2)**

Groups F M—S

Beat well together the juice of 2 lemons with $\frac{1}{2}$ cup olive oil. Add a pinch of salt, and 1 or 2 teaspoons honey or brown sugar, according to taste. Lastly, add slowly 1 cup cream, a little at a time, stirring well.

9. **Cream Salad Dressing (3)**

Groups F P M

Into 1 well beaten egg, stir 1 cup sweet cream and the juice of 1 lemon.

10. **Cream Salad Dressing (4)**Groups **F P M**

Take the yolk of 1 **egg**, $\frac{1}{2}$ teaspoon each of **salt** and **brown sugar**; beat well and add 1 pint **cream** and the juice of 1 **lemon**.

11. **Corn Cream Salad Dressing**Groups **F M—P S St**

Split down the grains and scrape the juice and pulp from fresh, juicy **sweet corn**, and add an equal amount of **nut butter** mixed with water to the consistency of cream. Season lightly with **salt** or **celery salt**.

12. **French Dressing**Groups **F M**

Dissolve $\frac{1}{2}$ teaspoon **salt** in 2 tablespoons **lemon juice**, then add $\frac{1}{2}$ cup **olive oil**, drop by drop, beating hard all the time. **Cream** may be substituted for part of the oil.

13. **Mayonnaise**Groups **F M**

Ingredients should be very cold.

Into a chilled soup bowl put the carefully drained yolk of 1 **egg**. Add $\frac{1}{2}$ teaspoon each of **salt** and **sugar**, a few drops **lemon juice**, and stir at once with a silver spoon. When well mixed, add **olive oil**, just a few drops at first, then in larger amounts, stirring constantly until about a cup of **oil** has been added. Now add **lemon juice** until the desired degree of acidity is

reached. When ready to serve, 1 cup **whipped cream** may be added if desired.

Finely chopped **parsley** or grated **carrot** may be added to **mayonnaise** to produce novel effects.

14. **Delicious Mayonnaise**

Groups **F M**

Mash fine the yolk of 1 hard boiled **egg**; add 1 teaspoon each of **salt** and **sugar**, and the yolk of 1 raw **egg**; mix the ingredients well, then add **oil** very slowly, about 1 pint; add **lemon juice** to suit taste, stirring constantly in one direction all the time; then add 1 cup **whipped cream**.

15 **Cooked Mayonnaise**

Groups **F M—S**

Yolks of 3 **eggs**, well beaten, $\frac{1}{2}$ teaspoon dry **mustard**, **salt**, 3 rounding teaspoons **brown sugar**, 8 tablespoons **lemon juice**, 8 tablespoons **water**, and **butter** the size of an egg; cook all together for about five minutes. Thin with **cream** or **fruit juice**.

16. **Chiffonade Dressing**

Groups **F P M**

Mix 2 tablespoons minced **parsley**, 2 hard boiled **eggs**, chopped fine, a little **salt**, 4 tablespoons **olive oil**, and the juice of 1 **lemon**. Mix well and stand on ice until thoroughly chilled. Serve with **lettuce** or **cabbage**.

17. **Boiled Salad Dressing (1)**

Groups **F P—M St S**

Melt 1 tablespoon **butter**, sift in 1 of **flour** and rub smooth. Stir in $\frac{1}{2}$ teaspoon **salt**, 1 teaspoon **brown**

sugar and 2 **eggs**, then add $\frac{1}{2}$ cup each **lemon juice** and **water**. Beat well, set the dish in a pan of boiling water, and cook until the dressing thickens, with occasional stirring. When cool, add 2 tablespoons **olive oil** or **cream**. Beat with an egg-beater until light and foamy.

18. **Boiled Salad Dressing (2)**

Groups **F M**

Put 5 tablespoons of **lemon juice** in a double boiler; add 1 teaspoon **sugar**, and $\frac{1}{2}$ teaspoon **salt**. Stir until dissolved; add well-beaten yolks of 5 **eggs**; take from fire, add $\frac{1}{2}$ cup **butter**; beat until cool. Thin with **whipped cream**.

19. **Boiled Salad Dressing (3)**

Groups **F M**

Mix together 1 teaspoon **salt**, 1 teaspoon **sugar**, and 1 tablespoon **olive oil**; add slowly the beaten yolks of 3 **eggs**, $\frac{1}{2}$ cup **olive oil** and $\frac{1}{3}$ cup **lemon juice**. Cook in a double boiler until the mixture thickens; while hot, stir gradually into the well beaten whites of the **eggs**. This recipe should make 1 pint of dressing.

20. **Boiled Salad Dressing (4)**

Groups **F P M—S**

1 **egg**, $\frac{1}{2}$ cup **sugar**, 1 tablespoon **flour**, $\frac{1}{2}$ teaspoon **mustard** and **salt**, $\frac{1}{2}$ cup each of **lemon juice** and **water**; put together in the order given, beating the egg a little; boil until thick, stirring constantly; add 1 cup **whipped cream**.

21. Boiled Salad Dressing (5)

Groups F P—St M S

2 eggs, 1 tablespoon flour, 1 tablespoon sugar, 1 tablespoon butter, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup lemon juice, $\frac{1}{2}$ cup water; mix and cook until it thickens; when cold, add cream or olive oil.

22. Salad Dressing Variations

Groups (according to ingredients).

Mayonnaise or boiled salad dressings may be thinned with cream or fruit juice for variety.

23. Sanitarium Dressing

Groups F P—M

Mix 1 cup cream with 1 cup of Neufchatel cheese; add 2 tablespoons of minced parsley or onion, according to taste.

24. Thousand Islands Salad Dressing (1)

Groups F—P M

Beat smooth 1 raw egg and the yolk of 1 hard-boiled egg; add slowly 1 cup olive oil, then 3 tablespoons lemon juice and 3 tablespoons chopped ripe olives; add salt and paprika to taste. When ready to serve, add 1 cup whipped cream. Serve at once on lettuce hearts.

25. Thousand Islands Salad Dressing (2)

Groups M F P

1 cup mayonnaise, 1 cup whipped cream, 2 hard-boiled eggs, 2 sweet peppers, 1 boiled beet and 1 Span-

ish onion, chopped fine, $\frac{1}{2}$ cup **celery**, cut fine; mix well and serve on **lettuce**.

26. **Whipped Cream Dressing (1)**

Groups **F M**

Whip 1 pint of **cream** very stiff; add juice of 1 **lemon**. A little **salt** or **celery salt** and a little grated **onion** may be added. For variety, 1 tablespoon of chopped **green peppers**, minced **parsley**, **raisins** or **ripe olives** may be used.

27. **Whipped Cream Dressing (2)**

Groups **F M**

Whip 1 cup of **cream** very stiff; add 2 tablespoons of **boiled dressing**, a dash of **paprika**, and a little **lemon juice**.

28. **Raw Asparagus Salad**

Groups **M—F P St S**

Cut into short lengths tender **asparagus stalks**, arrange on **lettuce leaves**, and serve with **dressing 1, 2 or 3**.

29. **Raw Asparagus and Cauliflower Salad**

Groups **M—F P St S**

Cut tender stalks of **asparagus** into short lengths. Mix with equal amounts of **raw cauliflower** broken into flowerets and serve with or without **lettuce**, using **dressing 1, 2 or 3**.

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30. **Alligator Salad**Groups **M F P—S**

Peel large **pears**, cut into lengthwise slices and press 4 or 5 blanched **almonds** into each slice. Arrange in circle on **lettuce leaves** and serve with **dressing 3, 6 or 13.**

31. **Stuffed Apples**Groups **M F—P**

Core ripe, red **apples**, scoop out the centers, mix with chopped **celery**, English **walnuts**, and finely shredded **pimientos**, moisten well with **dressing 3 or 13** and fill the apple shells. A teaspoon of unsweetened **whipped cream** may be put on top of each. Serve on **lettuce leaves.**

32. **Banana and Berry Salad**Groups **S St M—F**

Quarter **bananas** lengthwise, then slice. Mix with an equal amount of **berries** or **grapes** cut in half, and serve at once with **dressing 1, 3 or 26.** If desired, sprinkle with chopped **nuts.**

Apples cut in small chips or dice will improve the salad for those who enjoy a tart flavor.

33. **Bird's Nest Salad**Groups **M P—F**

Cut **lettuce** in strips with kitchen shears. Dress with **oil** and **lemon juice.** Mould **cottage cheese** into balls about the size of **walnuts** and roll in chopped **nuts**; or chopped **nuts** may be mixed with the cheese. Place three cheese balls and several ripe **olives** in a nest of the shredded **lettuce** for each individual serving.

34. **Cabbage Cups**Groups **M F**

Cut or chop fine, equal portions of **cabbage**, **apples** and **celery**, moisten with **dressing 3, 6, 12 or 13**. Serve in the cup-like **leaves** found near the heart of the **cabbage**.

35. **Cabbage Salad**Groups **M F—P**

Chop fine 1 small head of **cabbage**, enough **celery** to make 1 **pint**, and 1 **Spanish onion**. If desired, add 1 cup of coarsely ground or flaked **peanuts**. Mix well with equal parts of **lemon juice** and **olive oil** and serve on **lettuce leaves**.

36. **Shredded Cabbage Salad**Groups **M F**

Shred a small head of **white cabbage** and put it in cold water for 1 hour. Drain thoroughly and mix with **dressing 3, 6 or 26**. Serve at once garnished with **ripe olives**.

37. **Cabbage and Apple Salad**Groups **M F—P**

Chop together a small head of **cabbage** and $\frac{1}{2}$ cup **nuts**, add about 3 good-sized **apples**, cut into dice. Mix well with **dressing** and serve on **lettuce leaves**, or arrange on a platter with a border of **water cress**.

38. Cabbage and Nut Salad

Groups M F—P

Chop fine $\frac{1}{2}$ head of tender **cabbage**, let stand in **cold water** for about 1 hour, drain. Add $\frac{1}{2}$ the amount of finely cut **celery**, 1 cup of chopped **nuts**, and 1 small minced **onion**. Mix with **dressing 7** and serve garnished with **ripe olives**.

39. California Salad

Groups M F—P

Split in halves 2 nice, full heads of **lettuce**, place in water for half an hour, inner surface down to extract insects. Wash carefully and drain. Remove a few of the inside leaves, and fill the hollow with chips of **orange** and **grapefruit**. Along the edges place alternately **Malaga** and **Concord grapes**, split in halves and seeded. Sprinkle finely chopped **nuts** on top, and in the center place a **cherry**. Serve with **dressing 3, 6 or 13**.

Instead of the lettuce, large **apples** or **pears** may be used as a foundation.

40. Cantaloup Salad (1)

Groups M S—F

Cut **cantaloups** in strips, remove seeds, peel, cut into dice and serve on lettuce with **dressing 3, 6, 13 or 26**.

41. Cantaloup Salad (2)

Groups M S—F P

Pare a sweet **cantaloup** and remove the seeds, cut in thick strips and serve on lettuce leaves with a **French**

dressing. Force **cottage cheese** through a ricer and sprinkle liberally.

42. **Carrot Salad (1)**

Groups **M S F**

Scrub the **carrots** and run through a grinder or grate them. Heap on **lettuce leaves** and serve with **dressing 2** or **3**.

43. **Carrot Salad (2)**

Groups **M F P**

Grate raw **carrots**, mix with **pine nuts** or grated fresh **cocoanut** or sprinkle with ground **almonds**. Serve on **lettuce leaves** garnished with **ripe olives**. Place a section of **lemon** on each plate.

44. **Carrot and Tomato Salad**

Group **M**

Grate raw **carrots** or grind fine; mix with an equal amount of diced ripe **tomatoes**, or canned tomatoes may be used. Pour over a dressing of **olive** or **corn oil**. Serve on **lettuce leaves**.

45. **Cauliflower Salad (1)**

Groups **M F—S**

After washing, break a head of **cauliflower** into flowerets, mix with shredded **lettuce** and serve with **dressing 2, 3** or **6**. The raw cauliflower will be found to have a very dainty, nutty flavor.

46. Cauliflower Salad (2)

Groups M P F—S

With shredded endive or lettuce mix some pine nuts or flaked peanuts. Stir into it dressing 3, with a little honey added, if desired. Break a head of cauliflower into small flowerets and arrange upon this bed.

47. Celery Salad

Groups M F P

1 pint celery chopped or diced. Mix with thin mayonnaise or sour cream dressing 6. Serve on lettuce garnished with ripe olives or sections of tomatoes. 1 cup chopped almonds or pine nuts may be added.

48. Celery and Orange Salad

Groups M F P

1 cup chopped celery, 1 cup chopped English walnuts, 1 cup of orange cut in cubes; serve with dressing 2, 3 or 9.

49. Celery and Cottage Cheese Salad

Groups P M F

Line wet moulds with a layer of cottage cheese. Fill the center with celery and nut salad. Turn out and decorate with parsley or watercress.

50. Cottage Cheese and Pineapple Salad

Groups P M F

To 1 cup of cottage cheese, add an equal amount of pineapple cut into cubes; serve on lettuce leaves with mayonnaise or French dressing.

51. **Raw Corn Salad (1)**Groups **M P F—S**

With a sharp knife slit the grains of young sweet corn down each row, and with the back of the knife press out the pulp. To 2 parts of the corn add 1 part **pignolias** or **pecan meats** chopped. Minced **celery** or **parsley** may be added. Serve plain or with **dressing 2** or **3**.

52. **Raw Corn and Tomato Salad**Groups **M F P—S**

Prepare the **corn** as in the preceding recipe, and mix with twice the amount of **tomato** cut into small pieces. Dress with **olive oil** and serve on **lettuce leaves**.

53. **Raw Sweet Corn Salad (2)**Groups **M P F**

With a sharp knife slice off the tips of the grains of **sweet corn** and scrape out the remaining pulp with the back of the knife. Mix with this **pine nuts**, **peanuts** or other **nuts**, flaked or chopped, or **cocoanut** grated, in proportions of not more than 1 part nuts to 5 parts corn, and serve on **endive** or **lettuce**.

54. **Raw Sweet Corn and Cauliflower Salad**Groups **M F S**

To 1 part **sweet corn**, removed from the cob as in recipe 53, add an equal quantity of **cauliflower**, chopped, a small quantity of minced **celery**, **parsley** or **cress** and serve with **dressing 2** or **3**.

55. **Raw Corn and Carrot Salad**Groups **M F P—S**

Remove the **corn** from the cob as directed in recipe 53. Mix 2 parts of the corn with 1 part ground or grated **carrot** and 1 part of **kohlrabi** or **turnip** chopped fine. A small amount of **pignolias** or other **nuts** may be added. Dress with olive oil or **dressing 2** or **3**.

56. **Cucumber and Lettuce Salad**Groups **M S F**

Slice or cut **cucumbers** into small dice. Serve on bed of **lettuce** with **dressing 2, 3, 6** or **7**.

57. **Dandelion Mint Salad**Groups **M F**

Arrange the **dandelion** leaves on plates and sprinkle with finely chopped **mint**; serve with **French dressing**, and add a spoonful of chopped **chives**.

58. **Dandelion and Orange Salad**Groups **M F P**

Wash the **dandelion** leaves in very cold water to make them crisp; cut into shreds with scissors; peel and chip sweet **oranges** in proportions of 1 **orange** to each cup of shredded **dandelion**.

For a dressing, rub the salad bowl with a piece of **garlic**, cut a stalk of **leek** into fine rings and add 2 tablespoons **olive oil**. Stir well, add the orange and **dandelion**, toss together with a wooden fork and spoon. This salad should be served as soon as mixed.

59. **Endive Salad**Groups **M F**

Use only the tender, white leaves. Wash in very cold water to make them crisp; drain and cut fine. Mix well with **French dressing** or with **dressing 2, 3 or 7**.

60. **Favorite Raw Salad**Groups **M S F P**

Grind fine in a vegetable grinder 1 stalk **celery**, 1 sweet **potato**, 1 **carrot**, 1 large **apple**, 1 small yellow **turnip**, 1 **beet**, 1 cup each seeded **raisins**, and **English walnuts** or **pecans**. Into the mixture stir 1 cup of **olive oil** and let stand four or five hours, then add the juice of 2 **lemons**. Mix well and serve on shredded **lettuce**.

61. **Florida Salad**Groups **M S F**

Peel and slice 4 **pears**, 2 **tomatoes**, 1 **green pepper**; add 1 cup **green peas**; mix with **dressing 3, 6, 7 or 12** and serve on **lettuce leaves**.

62. **French Fruit Salad (1)**Groups **M S F—P St**

Peel and slice 2 **oranges**, 2 **apples**, and 2 **bananas**. Arrange in layers on individual plates, pour over a little **mayonnaise** thinned with **cream**. Garnish with chopped **nuts** and **lettuce hearts**, or with **watercress**.

63. **French Fruit Salad (2)**Groups **M—F**

Chop 3 cups **apples** and 1 cup **celery**; put a ring of **pineapple** on **lettuce** leaves; mix **apples** and **celery** with a **French dressing** and place on **pineapple**.

64. **Fruit Salad (1)**Groups **M S F**

1 cup seeded **white grapes**, 1 cup sliced **peaches**, 1 cup **pineapple** cut in small pieces; arrange on crisp **lettuce** leaves; serve with **cream dressing**; sprinkle with **nuts** if desired.

65. **Fruit Salad (2)**Groups **F P M S**

1 pound of **English walnuts**, 1 pound **white grapes**, seeded and cut in halves, 1 cup **celery**, diced, 2 cups chopped **apples**; combine, and serve with **whipped cream dressing**.

66. **German Vegetable Salad**Groups **M F**

Cut into small dice the tender portion of 1 dozen stalks of **asparagus**, 1 small **cauliflower**, 1 stalk **celery**, 3 medium-sized **tomatoes**, 1 **Bermuda onion**, 2 juicy **apples**. Mix well with **dressing** 2, 3, 6 or with **mayonnaise** and serve on tender **cabbage** leaves.

Variation: On a platter arrange the **asparagus tips** as rays from the center, with **cauliflower** broken into small flowerets between them. In the center heap up the other ingredients to form a mound; add **boiled salad dressing**, and serve garnished with **lettuce hearts**, and **radishes** cut in fancy shapes.

67. **Grapefruit Salad (1)**Groups **M F P**

Dice or shred **grapefruit** which has been carefully freed from the skin, seeds and membrane; serve on **lettuce** with sweetened **mayonnaise** to which **orange juice** may be added, or with **whipped cream** sprinkled with chopped **nuts**, or with a dressing made of 1 part **lemon juice** to 2 parts **peanut butter**. Shredded fresh **cocoanut** is a desirable addition.

68. **Grapefruit Salad (2)**Groups **M S F**

To **grapefruit** pulp add chopped or diced **celery**, **apples**, **bananas**, **figs** and **dates**; mix with **mayonnaise** or **French dressing** and serve in halved **grapefruit shells**, lined with **lettuce leaves**.

69. **Green Salad (1)**Groups **M F S**

Cut into shreds **lettuce**, **endive**, **dandelion leaves**, **romaine**, **garden cress**, **tender beet tops**, or **spinach**; mix with **nut butter dressing**, recipe 5, sweetened to taste with **brown sugar** or (preferably) **honey**.

70. **Green Salad (2)**Groups **M F—P**

Run 1 large **cucumber** and 1 sweet **green pepper** through the food chopper, serve on a bed of shredded **cabbage** or **lettuce leaves**, with **French dressing**. Chopped **pistachio nuts** may be sprinkled over the top, or **olives** used as a garnish.

71. Plain Lettuce Salad

Groups M—S

Crisp lettuce dressed with lemon or rhubarb juice and honey or brown sugar (2 parts juice to 1 of honey) is delicious.

72. Lettuce and Raisin Salad

Groups M S—P St

Shred crisp lettuce and mix with it a generous amount of seedless raisins. Pine nuts may be added. Use dressing 3 or 5.

73. Lettuce Salad, French Style

Groups M—F P

Separate the inner leaves of head lettuce, wash well and drain. Arrange on a platter, sprinkle with finely chopped onions and radishes and serve with French dressing. May be garnished with watercress, sliced tomatoes and olives and sprinkled with chopped nuts.

74. Lettuce and Cocoanut Salad

Groups M P F

Cut lettuce into shreds and mix it with grated cocoanut, in the proportion of 1 part cocoanut to 4 or 5 parts lettuce. Pour over this the cocoanut milk and serve with or without lemon juice.

75. Mock Lobster Salad

Groups M F P

Grate raw carrots, adding a little grated horseradish, if desired; mix with half the quantity of chopped

celery, some broken **walnut** or **pecan nuts**, and a few **mushrooms**; arrange **lettuce hearts** on a platter, place the **carrot** mixture in the center, roughly shaped to represent a lobster. Serve with **dressing 3** or **mayonnaise** and slices of **lemon**.

76. **Mock Pineapple Salad**

Groups **M F**

Pare large, rather sweet **apples**, cut into thin slices and remove the core with a small, round cutter. Put the slices at once into cold **water** to prevent discoloration. Slice **oranges** of equal size; arrange the fruit on **lettuce**, one slice of orange between two of apple, with a **cherry** or ripe **olive** in the center. Serve with **dressing 3, 12, or mayonnaise** thinned with **orange juice**. The ingredients should be well chilled.

77. **Nasturtium Salad (1)**

Groups **M F**

Shred equal quantities of **lettuce** and **nasturtium leaves**, heap on a platter or individual plates, dot with **nasturtium flowers**. Serve with **French Dressing** or **nut butter dressing**, sweetened with **honey**, if desired.

78. **Nasturtium Salad (2)**

Groups **M F S**

Arrange tender **nasturtium leaves** on a platter; place on them first a layer of sliced **tomatoes**, then a layer of **cucumbers**, sliced or chipped, and lastly young sweet **corn** cut from the cob. Pour over this a **French dressing** and serve garnished with **nasturtium flowers**.

79. **Nut Salad**

Groups F P—M

Shell 2 dozen English walnuts, throw into boiling water, leave for five minutes, then drain and skin them; set on ice until very cold; arrange on lettuce leaves and serve with dressing 2, 3, 12 or 13.

80. **Olive Salad**

Groups F P M

Run through the food chopper 1 cup each of raw Spanish peanuts, English walnuts, and stoned ripe olives, 1 large Spanish onion, 1 apple and 1 stalk celery. Mix with dressing 2, 3 or 13 and serve on shredded lettuce, garnished with slices of cooked beets.

81. **Orange Salad**

Groups M F—S St

Peel oranges carefully, slice, remove seeds and tough pith. Serve on watercress, with any preferred dressing.

82. **Orange and Date Salad**

Groups M S F—P

Carefully peel and seed 6 oranges and 1 grapefruit; separate the sections and break or cut into small portions; add 1 pound of stoned dates, or 1/2 pound each of dates and figs cut into bits, 3 apples, diced, and chopped pecan meats if desired. Serve on crisp, white lettuce leaves, with dressing 3, 6 or the following:

Yolks of 2 eggs, beaten light, 1/2 cup honey or brown sugar, 1 cup orange juice, 1 tablespoon each of lemon and grape juice.

83. **"Our Own" Salad**Groups **M S F**

2 cups green **peas**, 1 cup **celery**, cut fine, 1 cup **oranges** cut into cubes, and 1 cup **pineapple**; mix with **French dressing** and serve on shredded **cabbage**.

84. **Peach Salad**Groups **M S F—P**

Pare and halve large, ripe **peaches**, remove stones, and fill the cavities with equal parts of ground **nuts** and chopped **dates** or **figs**. Sprinkle with a few drops of **lemon juice**, and serve with **dressing 3** or **13** on crisp, cup-shaped **lettuce leaves**.

Peaches filled with **red raspberries** make a pretty salad and may be served with whipped **cream**.

85. **Peach and Cantaloup Salad**Groups **M S F**

Fill halved **cantaloups** with sliced **peaches**, sprinkle with **sugar**, and serve on **lettuce leaves**, with **dressing 3, 26** or **27**.

86. **Pineapple and Celery Salad**Groups **M F**

Peel and shred 1 small, ripe **pineapple**, set on ice until thoroughly chilled, then mix with 1 cup crisp white **celery**, cut fine, and 1 red sweet **pepper**. Let stand a few minutes, then mix with **mayonnaise** or **French dressing**. Serve on **lettuce**, garnished with **nut meats**.

87. **Pineapple and Cherry Salad**Groups **M F**

Pit **cherries**, mix with an equal amount of **pineapple** cut into cubes; arrange on **lettuce** and serve with whipped cream, slightly sweetened. Sprinkle with a dash of **paprika**.

88. **Pineapple and Pecan Salad**Groups **M F P**

Peel 1 small **pineapple**, cut into dice and let stand on ice about one hour. Mix with 1 cup halved **pecan meats**. Serve on **lettuce** leaves, with **dressing** 3, 6 or 13.

89. **Piquant Salad**Groups **M F P**

Cut into small dice 1 **Spanish onion**, 1 cup **mushrooms**, about 12 red **radishes**, and an equal number of green or ripe **olives**; add some shredded **endive** and a few **capers**. Serve on a bed of **watercress**, with the following dressing:

1 cup sour **cream**, juice of 1 **lemon**, 3 tablespoons **olive oil** and a pinch of **salt**.

90. **Plum Salad**Groups **M S F P**

Pare and pit nice, ripe **plums** and fill the cavities in each with chopped **nuts**; arrange on a circle of **lettuce** leaves. Serve with a **whipped cream dressing**, and garnish with sliced **oranges**.

91. **Plum and Peach Salad**Groups **M S F**

Pare nice **peaches**, cut in halves and stone; arrange on a circle of **lettuce** leaves; place half a **plum** (peeled and stoned) on each half. Serve with **dressing 2, 3** or with **whipped cream** or **mayonnaise dressing**.

92. **Princess Salad**Groups **M F P S**

Mix 1 cup **apples** and 2 of **cucumbers** cut into dice, 1 cup **pecans** broken, and 1 cup green **peas**; add **dressing 3, 6** or **13** and serve on **lettuce**.

93. **Salad Celestial**Groups **M F P**

Cut 2 **pears** into dice, add juice of 1 **lime** or **lemon**, let stand about one hour. Add 2 **cucumbers** and 1 small **nutmeg melon**, diced. Mix well with a good **French dressing**. Serve on **lettuce leaves**, garnished with **asparagus tips**.

94. **Sanitarium Salad (1)**Groups **M F**

Cut into dice equal parts of **celery**, **apples**, raw or cooked **string beans**, and a few green **peas**. Mix with **mayonnaise dressing**, and serve on shredded **cabbage**.

95. **Sanitarium Salad (2)**Groups **M F**

Put on individual salad plates a layer of crisp **lettuce**; in the center place a small, partially quartered

tomato, surrounded with a wreath of thinly sliced cucumbers. Into the center of each tomato drop 1 small teaspoon of finely minced onion, sprinkled with a pinch of chopped parsley. Serve with olive oil or dressing 6 or 13.

96. **Spanish Salad**

Groups **M F P S**

6 carrots grated fine, 1 cup ripe olives chopped fine, 1 bunch green onions cut into dice; mix well with dressing 3, 6 or 13; sprinkle walnuts on top, and serve on sliced tomatoes.

97. **Spinach Salad**

Groups **M—F P**

Wash carefully and drain fresh, tender spinach leaves. Serve heaped on a platter or on individual salad plates. At each place have a dish of nut cream made by stirring water into nut butter until it is of the proper consistency, or serve with dressing 2, 3 or 6.

98. **Strawberry Salad (1)**

Groups **M S—F P**

Arrange nice, ripe strawberries on crisp lettuce leaves, wreath fashion. Fill the center with shredded pineapple, and top with shredded cocoanut. Serve with preferred dressing.

Blackberries may be used instead of strawberries.

99. **Strawberry Salad (2)**Groups **M S**

Arrange nice **strawberries** on salad plates; pour over them dressing made of sweetened **strawberry** and **cherry juice** to which has been added the juice of 1 **lemon**. Garnish with sliced **oranges** and **strawberry leaves**.

100. **Summer Salad**Groups **M F—P**

On a bed of **lettuce** or other summer greens arrange a layer of sliced **tomatoes**, or **cucumbers**, or both. On this put a mound of equal parts of **cabbage**, **celery**, and **apples**, chopped fine, mixed with **French dressing**. Sprinkle with ground **English walnuts**.

101. **Tip Top Salad**Groups **M F**

Cut in very thin slices 2 young **carrots**, 2 **cucumbers**, about 12 **radishes** and 2 or 3 small **tomatoes**. Arrange in circular layers on crisp **lettuce leaves** or shredded **cabbage**. Serve with **sour cream dressing** or with **mayonnaise**.

102. **Tomato Salad**Groups **M F**

Serve firm, ripe **tomatoes**, sliced or quartered, on **lettuce leaves** with **mayonnaise** or any preferred dressing. If desired, sprinkle with minced young **onions** or **parsley**.

103. **Tomato and Green Pepper Salad**Groups **M F**

Cut green **peppers** into lengthwise sections, remove the white inside skin and seeds, pour boiling **water** over, let stand about ten minutes, drain, cut into small dice of uniform size, and lay in ice water. Peel and quarter 6 ripe **tomatoes**, thoroughly chilled; arrange the sections on **lettuce** and sprinkle with the diced peppers, first draining off the water. Serve at once with a good **French dressing**.

104. **Tri-color Salad**Groups **M S F—P**

Have ready finely minced **raw beets**, shredded **cocoanut** and **blueberries**. Arrange flag fashion on salad plates; serve with **French dressing**.

105. **Vegetable Salad (1)**Groups **M F**

Serve a combination of sliced **cucumbers**, **tomatoes** and **Spanish onions**, or **cabbage**, **celery** and green sweet **peppers** cut into dice, on **lettuce**, **dandelion leaves**, or on shredded young **spinach**, garnished with **watercress** or sprigs of **parsley**. Serve with **French dressing**, or a **dressing** made of 1 part **lemon juice** to 2 parts **honey**.

106. **Vegetable Salad (2)**Groups **M S F—St P**

Combine raw **peas** and young **lima beans** with an equal amount of **celery** cubes; mix with a **French dressing** and serve on **lettuce leaves**; garnish with **beets** cut into fancy shapes.

107. **Vegetable Salad (3)**Groups **M F**

Cut or chop separately $\frac{1}{2}$ of a small, firm, white **cabbage**, 1 **onion**, about 10 **radishes** and 3 **tomatoes**. Toss lightly together, heap on a platter, pour **French dressing** over, and garnish with **lettuce** hearts or serve in a border of **watercress**. Grated **carrot** may be sprinkled over the top in some fancy design, from a funnel of stiff paper.

108. **Waldorf-Astoria Salad**Groups **M F P**

Equal parts of **celery** and **apples**, cut into dice, and half the quantity of English **walnuts**, chopped coarsely. Mix with **dressing** 3, 6 or 13 and serve on crisp **lettuce** leaves.

109. **Watercress Salad (1)**Groups **M F**

Pick over 2 bunches of **watercress**, removing wilted leaves and lower part of stems; keep in cold water until serving time so that it will be crisp. Chop $\frac{1}{2}$ small white **cabbage**, 1 **onion**, and 1 green **sweet pepper**, removing the seeds and white inside skin from the pepper; put them into a basin of ice cold water for about thirty minutes to reduce the strong flavors. Drain, mix with **lemon juice** and **olive oil** to suit taste; season with **celery salt** if desired. Serve the chopped vegetables in a border of **watercress**.

The combined flavor of cabbage and **watercress** is delicious.

110. **Watercress Salad (2)**

Groups M F

Wash and pick over fresh **watercress**, mix well with **French dressing** and serve on shredded **lettuce**. Garnish with sections of **orange**.

111. **White Salad (1)**

Groups M F P S

Grate 1 fresh **cocoanut**, shred 1 small head of **cabbage** and 1 **Spanish onion**, and cut 4 peeled **apples** into fine strips. Mix with **dressing** 3, 6 or 26 and serve at once, before the **apples** become discolored. Garnish with **lettuce hearts**.

112. **White Salad (2)**

Groups M F P—S

Cut equal quantities of **celery** and fine **apples** into small dice. Sprinkle thickly with fresh grated **cocoanut**, and serve on white **lettuce leaves** or tender **cabbage leaves**, with a **whipped cream dressing**.

113. **Wreath Salad**

Groups M F—S

Arrange on a large plate a wreath of grated **carrots** on **lettuce leaves**; around this a wreath of shredded **celery-cabbage**; heap minced **chives** in center and serve with **French dressing**.

FANCY SALADS

The following group of salads includes fancy combinations suitable for special functions, and many with ingredients rich in starches, proteins and fats, such as

potatoes, bananas, cheese, nuts, and legumes. These make the salad a substantial dish requiring little else to form a complete meal.

114. **Almond and Pineapple Salad**

Groups **M F P**

To two cups of **pineapple** cut into small dice, add 1 cup of chopped **celery** and 1 cup of **almonds**, either whole, chopped or flaked. Serve on shredded **lettuce** or **romaine** with **whipped cream**, or mix with **dressing 13**, and put a spoonful of **whipped cream** on top. Garnish with **cherries**.

115. **Apple Ring Salad**

Groups **M F P**

Pare and core two **apples** and cut them in rings; brush the slices with **lemon juice** and dip each slice in **French dressing**. Arrange the rings on **lettuce** leaves or watercress and put between them layers of chopped **English walnuts** and **celery**. Lay a ball of **cottage cheese** on top and serve with **mayonnaise**.

116. **Asparagus Salad, Raw**

Groups **M F S P**

To 1 cup of young **asparagus**, cut into dice, add 6 **English walnuts** and 2 **apples**, diced. Mix with any preferred **dressing** and serve.

117. **Another Asparagus Salad**

Groups **M—F**

Stew slowly 1 cup each, finely chopped **onions** and **celery** in 1 cup each **lemon juice** and **water**, until most

of the liquid is absorbed; add 1 large tablespoon **butter**, stir until dissolved, then pour over raw **asparagus**, arranged on **lettuce leaves**.

118. **Attractive Salad**

Groups **M—P F**

Rub **Neufchatel** or **cottage cheese** to a paste with a little **cream**. Add grated **onion**, chopped **nuts** and finely cut boiled **beets**. Fill **pimientos** or **sweet peppers** and serve garnished with **lettuce leaves**.

119. **Bouquet Salad**

Groups **M F—S St**

Boil nice white **cauliflower** in salted water thirty minutes. Let drain and when cold, divide into small branches. Arrange in salad bowl on **lettuce** or **endive**, and garnish with **beets** and Spanish **pimiento**. Pour **mayonnaise dressing** over and serve.

120. **Banana and Nut Salad**

Groups **S St F P—M**

Peel and halve lengthwise small, very ripe **bananas**, dip in **mayonnaise** and roll in ground **walnuts** or **pecans**. Place two on a **lettuce leaf** with a tablespoon of **whipped cream**. Garnish with ripe **olives**.

121. **Beet Salad (1)**

Groups **M S St—F P**

1 quart chopped **beets**, 1 cup chopped **cabbage**, grated, raw **horseradish** to suit taste, 1 cup brown

sugar or **honey**, a little **salt** and **lemon juice** to suit taste. Mix well and garnish with hard boiled **eggs**; serve on **lettuce leaves** with **cream dressing**.

122. **Beet Salad (2)**

Groups **S St M—F**

Boil nice **beets**. When cool, cut in fine strips and serve on **lettuce** or tender **cabbage leaves** with **mayonnaise** No. 14. Sprinkle with ground **nuts** or finely shredded sweet **green peppers**.

The beets may be sliced one-fourth inch thick and cut into different shapes with fancy cutters.

123. **Stuffed Beet Salad**

Groups **M S St—F P**

Cook **beets** of equal size. When cold, skin and cut off at one end, so that they will stand. Scoop out centers carefully, fill cavities with equal parts of **cabbage** and **celery**, chopped fine and moistened with **French dressing**. Put a teaspoon of unsweetened **whipped cream** on top and sprinkle with ground **pistachio nuts**. Arrange young **beet leaves** so that the stems will form a square, with beets in center.

124. **Calcutta Salad**

Groups **M—St P F S**

On **lettuce leaves** serve equal parts of diced **apples**, shredded **head lettuce** and cooked **lima beans**, well mixed with **mayonnaise dressing**. Garnish with **white grapes**, halved and seeded.

125. **Cauliflower Salad (3)**Groups **F M—P S**

Select nice white cauliflower, remove leaves and hard stems, wash and break into flowerets. To one part cauliflower add 1 diced apple, 6 English walnuts, chopped, and a little finely cut celery. Mix with French or mayonnaise dressing and serve on crisp lettuce leaves.

126. **Cauliflower Salad (4)**Groups **M F P**

Divide a head of cooked cauliflower into small flowers of equal size. Arrange on a platter, cover with mayonnaise, to which finely minced parsley has been added. Make a border of slices or sections of hard boiled eggs and garnish with lettuce hearts or sprays of parsley and ripe olives.

127. **Celery and Almond Salad**Groups **M F P**

Mix 1 cup minced celery with $\frac{1}{2}$ cup shredded almonds and 1 teaspoon minced pimiento; soften with cream; serve with mayonnaise.

128. **Celery and Cheese Salad**Groups **M F P**

Mash 1 cup cream cheese with a little sweet cream until smooth. Mix with 1 cup of chopped celery. Season and mould into little balls. Roll in nut meats. Serve on lettuce leaves with French dressing.

129. Cheese Salad (1)

Groups M F P

Rub 1 **Neufchatel** or **Philadelphia** cream cheese to a smooth paste with 1 tablespoon of melted **butter**; add 3 or 4 tablespoons of **sour cream**. Spread over **russet apples** cut in halves, pared, cored and arranged on **lettuce**.

130. Cheese Salad (2)

Groups P F M

Form little balls of **cottage** or **cream cheese**, roll in ground **walnuts**; place several balls on a nice, crisp **lettuce leaf**, with a spoonful of **mayonnaise**; sprinkle chopped **parsley** or finely shredded green **sweet pepper** over the whole.

131. Piquant Cheese Salad

Groups P F M

Add 4 tablespoons of cream to 2 **Neufchatel** cheeses, also 10 drops of **onion juice**, and a little **paprika**; mix well, form into a roll and put on ice to harden; cut in slices and arrange on a platter, cover with strips of **pimiento**, and garnish with **lettuce hearts** or small sprays of **watercress**.

132. Cheese and Date Salad

Groups S P—M F

Stone **dates**, fill cavities with **cottage** or **cream cheese**; arrange on a bed of finely chopped **celery** or **cabbage**; serve with **French dressing**.

Soaked **prunes** may be served in this manner.

133. **Cheese, Pear and Nut Salad**Groups **P M F—S**

Fill center of a dish with **cottage cheese** passed through a ricer. Peel and core some **pears** and fill centers with chopped **nuts** and **celery**. Serve with **mayonnaise**.

134. **Cheese and Tomato Salad**Groups **P M F**

Cheese and **tomatoes** make a tasty luncheon dish. Skin the tomatoes, cut them in slices, sprinkle with **lemon juice** and serve with riced **cottage cheese** or with slices of **cream cheese**. Decorate with **parsley**.

135. **Cherry Salad**Groups **M F P**

Heat 1 pint of **cherry juice** to boiling; dissolve 1 tablespoon powdered **gelatin** in part of the juice, then add the remainder of the juice. When the jelly begins to thicken add 2 cups of **pitted cherries**, 1 dozen **olives** stuffed with **pimientos** and cut in rings, 1 scant cup diced **celery**, and $\frac{1}{2}$ cup chopped **black walnuts**. Pour into a mould which has been rinsed with cold water. When ready to serve, cut into slices and arrange on **lettuce leaves**, cover with **mayonnaise** to which **whipped cream** has been added.

Individual moulds may be used.

136. **A Simple Chestnut Salad**Groups **F P M**

Blanch, peel and quarter 3 dozen large **chestnuts**, peel and dice 4 tart **apples**; mix well with **French**

dressing or **mayonnaise**; serve in a salad bowl lined with **lettuce leaves** or **romaine**.

137. **Cleopatra Salad**

Groups **St S P M—F**

Mix together equal parts cooked **lima beans**, green **peas**, **beets** and **potatoes** cut into dice, **corn** from the cob, and a few shreds of red **sweet pepper**. Serve on tender **cabbage leaves** with **French dressing**.

138. **Corn Salad**

Groups **St M S—F**

Cut sweet **corn** from the cob, mix with an equal amount of cooked **rice**; mix with **mayonnaise dressing** and serve heaped on sliced **tomatoes**.

139. **Cream Slaw**

Groups **M F—P S**

Shred 1 **cabbage** very fine, then sprinkle with **salt** and a little minced **sweet pepper**; put 1 cup of **lemon juice** mixed with **water** into a stew-pan; add 1 cup **sour cream**, $\frac{1}{2}$ cup **brown sugar**, 1 teaspoon **flour**, 2 **eggs**, 1 tablespoon **butter** and a little **salt**; let cook to boiling point, stirring constantly. Pour, while hot, over the cabbage and serve at once.

140. **Cucumber and Nut Salad**

Groups **M P**

Pare medium sized **cucumbers**, cut in halves, lay in cold water for an hour, remove seeds and fill cavity

with chopped **nuts** mixed with **cottage cheese**, and along the center sprinkle finely minced **parsley**. Serve two halves on a plate with a spray of **watercress** and a section of **lemon** at each end.

141. **Daisy Salad**

Groups P F—M

Cut two-inch rounds of **cream** or **Neufchatel cheese**, one-half inch in thickness, and place on crisp **lettuce leaves**; put grated hard boiled **egg yolk** in center of each. Serve **dressing** in separate bowl.

142. **Dandelion and Potato Salad**

Groups M St F

Cook **potatoes** in their jackets. When cold peel and dice. Wash and drain carefully tender **dandelion leaves**; with scissors cut into small pieces crosswise. To 2 cups of the cut dandelion leaves add 1 cup of finely diced potatoes. Dress with **lemon juice** and **olive oil** or **sour cream dressing** 6. This makes a very excellent salad.

143. **Eggs and Cheese Salad**

Groups F P M

On **lettuce leaves** arranged on a platter, put a layer of sliced hard boiled **eggs**. Grate over this a thick covering of **cheese**, sprinkle with chopped **pecans**, or, if preferred, finely chopped ripe **olives**. Garnish with ripe **tomatoes**, cut into sections; serve with **mayonnaise**.

144. **Virginia Salad**Groups **M F P**

Peel and cut in half nice ripe **peaches**; remove seed, fill cavity with **Neufchatel**, cream or cottage cheese shaped into balls and rolled in chopped nuts; arrange on lettuce and serve with **mayonnaise** or **French dressing**.

145. **Ensalada Mixta (Cuban Salad)**Groups **M F P**

On crisp lettuce leaves serve a mixture of cooked **string beans** and **asparagus**, cut into bits, slices of raw **onions** and **radishes**, shreds of green **sweet peppers**, and hard boiled **eggs** sliced or chopped. Serve with **French dressing**.

146. **French Salad (1)**Groups **M F P—S**

2 cups grated **carrots**, 1 tablespoon **capers**, 3 hard boiled **eggs** grated, and a little minced **pimiento**. Mix thoroughly with a **French dressing**. Serve very cold on lettuce leaves.

147. **French Salad (2)**Groups **M F P**

Dice enough **celery** to make 2 cups, 1 **onion** and 4 **apples**. Chop 1 bunch **watercress**, 12 **olives**, 1 cup **mushrooms**, and 3 hard boiled **eggs**. Toss together and mix well with **French dressing**. Serve on lettuce.

148.

Fruit SaladGroups **M S F—St P**

Mix well with **mayonnaise** dressing, 2 oranges, 1 grapefruit, 2 bananas cut in dice, $\frac{1}{2}$ pound **Malaga grapes**, cut in halves and seeded, and $\frac{1}{2}$ cup **pecans**. Chill thoroughly and serve in half shells of oranges or grapefruit lined with lettuce leaves.

149.

Fourth of July SaladGroups **M St P**

Hollow out firm, ripe **tomatoes**, fill with a good **potato salad**, cover the top with finely chopped hard boiled **white of egg**; serve on **blue dishes**.

150.

Golden SaladGroups **M F P**

Wash seedless **oranges**, cut into lengthwise sections, and loosen the pulp with a sharp knife. Arrange the sections to form a design, garnish with blanched **almonds** and **watercress**; serve with **whipped cream** or **mayonnaise**.

151.

Stuffed GrapesGroups **S M—F P**

Remove perfect **Tokay** or **Malaga grapes** from the stems, slit the sides with a sharp knife, take out the seeds carefully, fill the cavities with **cream cheese** mixed with a small amount of **French dressing**. Arrange on lettuce, and add **mayonnaise**. Garnish with small bunches of **grapes**.

152. **Grapefruit and Green Pepper Salad**Groups **M F P**

Remove the tops from large green sweet peppers, scoop out the seeds, fill the cavities with grapefruit pulp, finely chopped celery and English walnuts, using two parts grapefruit to one of celery and the meat of 2 nuts to each pepper pod. Let stand about one hour. Serve well chilled, with mayonnaise.

153. **Greek Salad**Groups **M F**

Parboil 3 green peppers in salted water about ten minutes, then remove seeds and cut in strips; mix with 1 cup celery diced, 6 apples, cut in eighths lengthwise; mix with a French dressing, and serve on sliced tomatoes placed on lettuce leaves. Decorate with whipped cream.

154. **Green Peas and String Bean Salad**Groups **M S—F**

Mix together 1 cup each of cold, boiled string beans and raw or cooked green peas; season; add 1 tablespoon mayonnaise dressing; line a salad dish with lettuce leaves, make a mound of the vegetables upon them, and put dressing on top. Garnish with slices of red radishes, beets or tomatoes; serve very cold.

155. **Hallowe'en Salad**Groups **M F P**

Select 6 nice, firm, red apples; clean and hollow them and plunge in cold water. Mix the pulp with nuts and celery minced and moistened with mayonnaise. Fill the apple cups and serve on lettuce leaves.

156. **Heart Salad**Groups **M S—F P**

With a fancy heart shaped cutter, cut hearts from sliced cooked beets, carrots, tender white or yellow turnips, kohlrabi, or from large pears, apples, or muskmelons, sliced lengthwise. Place the hearts on lettuce leaves and serve with mayonnaise or cream dressing.

157. **Kidney Bean Salad**Groups **P F—St M**

Soak over night 1 cup kidney beans; cook in slightly salted water until tender, but not mushy; drain, add 1 cup of broken English walnut meats, about 6 minced ripe olives, and $\frac{1}{2}$ cup finely cut celery. Mix and serve on lettuce with mayonnaise or French dressing.

158. **Lettuce Salad, German Style**Groups **M F P**

Separate and wash head lettuce, place in cold water for about one hour to crisp, then drain; cut up roughly and place in salad bowl; pour over a dressing made of 1 part lemon juice, 2 parts olive oil, honey or brown sugar to taste, and a pinch of salt. Mix well with wooden salad forks. Serve garnished with slices of hard boiled eggs.

159. **Marguerite Salad**Groups **F P M**

Cut 6 hard boiled eggs into slices one-eighth of an inch thick; remove the yolk carefully; place the white rings on cress in a circle to overlap each other; mix

the yolks thoroughly with 2 tablespoons oil, a few drops lemon juice, and a little salt. Heap this mixture into the center of each white ring. Serve with **mayonnaise**.

160. **Marine Salad**

Groups **M F**

Scoop out the inside of the unpeeled **cucumbers** cut in halves lengthwise. They should then have the appearance of little green boats. Chop the pulp fine with a little **onion**. Drain and add chopped **peppers**—half a pepper to each boat. Add **French dressing**. Place-cards may be attached to the bows of the boats as sails.

161. **Mixed Salad**

Groups **M F P—S**

Combine **green peas**, cooked or raw, **apples**, **celery** and cooked **beets** cut into dice, hard boiled **eggs** and a few **mushrooms**, chopped fine; mix well with **mayonnaise**.

162. **New Century Salad**

Groups **M F—S**

Use crisp white **lettuce leaves**, sliced **red peppers** and chopped **olives**, with a few slices of **cucumbers**. Pour over it a **French dressing** or **mayonnaise**.

163. **Novel Salad**

Groups **M F—S P**

Arrange slices of **pineapple** on **lettuce leaves**. On each slice put a tablespoon of **mayonnaise**, and in the center 3 or 4 **grapes**, with skin and seeds removed, or

ripe olives halved and stoned. Around these sprinkle **Neufchatel** or **cream cheese** which has been pressed through a ricer. Lay strips of **pimiento** over the cheese.

164. **Okra Salad (Gumbo)**

Groups **M F**

Slice boiled **okra pods**, mix with sliced **cucumbers** and **tomatoes**, and serve on lettuce with **French dressing**. Shredded **green peppers** may be added.

Another way is to serve the **okra pods** entire, the stems to be used as handles, with **mayonnaise** or boiled dressing.

165. **Pear and Plum Salad**

Groups **M S F**

Cut medium sized **pears** into thin slices. (Do not pare unless the skin is very coarse.) Dip each slice in **lemon juice** to prevent discoloration and also to improve the flavor of the salad. Skin **plums** (after putting in boiling water for a few seconds), cut them in halves, remove the stones, and put a little **mayonnaise** in each cavity.

Arrange the plums in a circle on a platter lined with **lettuce hearts**, with the pears heaped in the center. Dot with mounds of whipped **cream**. Serve well chilled.

Apples may be used instead of pears.

166. **Spanish Pepper Salad**

Groups **M F P**

Shred 6 **pimientos**, add 2 cups **celery**, cut into dice, and 1 cup **pecans**. Mix well with slightly sweetened **mayonnaise** and serve on shredded **lettuce**.

Groups **M F P—S**

Another way to prepare this salad is to add the ingredients to 1 quart of **jelly** made in the usual way from plain **gelatin**, to which has been added the juice of 1 **lemon**, $\frac{1}{2}$ cup brown **sugar**, and a pinch of **salt**. May be served in individual molds with **mayonnaise** or **boiled dressing**. This will serve from ten to twelve persons.

167. **Stuffed Pepper Salad**Groups **M F P**

Cut large, green **sweet peppers** in halves, remove seeds, and place in cold water for several hours. When ready to serve, fill with a mixture of equal parts finely chopped **celery**, green **onions**, green **peas**, **tomatoes** and hard boiled **eggs**. Serve on crisp **lettuce** leaves with **boiled salad dressing**.

168. **Pineapple and Cheese Salad**Groups **M F P**

To 1 cup **pineapple**, shredded or cut into small dice, add an equal amount of **Neufchatel** or **cottage cheese** that has been pressed through a potato ricer. Serve on **lettuce** with **mayonnaise** to which minced **parsley** has been added.

169. **Pineapple and Marshmallow Salad**Groups **M S F—P**

Clip **marshmallows** into strips (dip scissors in boiling water); mix with an equal amount of shredded **pineapple** and a few **pecans**; moisten well with **boiled salad dressing**, sweetened to taste. Serve on crisp **lettuce**, with a tablespoon of whipped **cream** on each portion.

170. **Piquant Red Cabbage Salad**

Groups M F P

Mix 1 Neufchatel or Philadelphia cream cheese with 1 small, red sweet pepper, shredded very fine; add 1 cup chopped celery and 2 cups new red cabbage, chopped or shredded; moisten with a little cream, and serve on tender leaves of white cabbage with mayonnaise or sauce Hollandaise.

171. **Poinsettia Salad**

Groups M F—P

Cut tomatoes into six sections like a flower, and lay on lettuce like poinsettia blossoms; put mayonnaise dressing in the center, insert pieces of olives for the stamens, and grate hard boiled egg yolk over to represent the pollen; use a bit of cress for the stems.

172. **Porcupine Salad**

Groups M F P S

On crisp, large lettuce leaves put halves of large pears or small cantaloups, with skin removed. Cut blanched almonds in halves and place them on end all over the pear or melon. At one end fasten currants with parts of a toothpick, to represent the eyes. Serve with mayonnaise to which orange juice has been added.

173. **Potato Salad (1)**

Groups St M F—P

Boil potatoes in jackets and while still hot peel and slice or cut into small dice. Mix with this finely chopped onion or a little celery salt, if desired. While the potato is still warm pour over it a dressing of sour cream with lemon juice to taste; or use dressing 6 or 7.

174. **Potato Salad (2)**Groups **F P St—M**

Cut cold boiled **potatoes** into dice to make 2 cups; add 3 hard boiled **eggs** and $\frac{1}{2}$ cup **celery**, chopped rather fine. Mix well with **mayonnaise** and serve in a border of **watercress**.

Instead of mayonnaise, the following dressing may be used.

1 cup **cream**, juice of 1 **lemon**, 1 tablespoon each of **onion juice** and **olive oil** and a pinch of **salt**.

175. **Potato and Nut Salad**Groups **F P St—M**

3 boiled **potatoes**, cut into dice, 3 hard boiled **eggs**, $\frac{1}{2}$ cup **walnuts**, and 12 **ripe olives**, chopped fine. When ready to serve, mix well with **mayonnaise**. Serve very cold on shredded **lettuce**.

176. **Rose Salad**Groups **M F**

Select ripe **tomatoes** with firm flesh; cut a square plug from the stem end, remove some of the pulp, fill the cavity with **mayonnaise** and replace the plug. Set on plug end, and with a sharp knife trace the outline of 3 to 5 large rose petals on the tomatoes, turning back flesh and skin carefully from the center. Put on ice to chill until serving time.

Separate the leaves of small head **lettuce**, let stand in ice water for an hour to get crisp, then drain and shake in a napkin until dry. Cut tender **celery** into inch-long pieces, shave thin, and put into cold water for about an hour. When drained it will be found to curl.

On individual salad plates put a border of the curled celery, and in the center place a tomato, surrounded by the lettuce leaves like a rose in its calyx. Sprinkle a small amount of finely chopped **pecan meats** and minced hard boiled **egg yolk** in the center of the rose to represent the pollen.

177. **Shamrock Salad**

Groups **M F P**

Remove the seeds from green sweet **peppers**, wash and dry well; fill with a mixture of **Philadelphia cream** or **cottage cheese** and chopped **nuts**; chill and serve in slices on shredded **lettuce** leaves. Serve with a dressing made as follows:

To 1 pint whipped **cream** add salt, **paprika**, the juice of 1 **lemon** and 2 tablespoons finely chopped **parsley**. Garnish with hard boiled **eggs**.

178. **Stuffed Celery Salad**

Groups **M F P**

Select the rounded inside stalks of fine **celery**, cut in four-inch lengths and lay in cold water until required, to make crisp and firm. Drain, wipe dry and fill with **Neufchatel** or **Philadelphia cream cheese** rubbed to a soft paste with **cream** and seasoned to taste with **paprika** and onion juice. Serve cold, with **mayonnaise**, garnished with **lettuce hearts**.

179. **Stuffed Pear Salad**

Groups **S F P—M**

Place cored halves of **pears** on **lettuce leaves**; fill the cavities with **dates** cut fine, mixed with chopped **nuts**; pour over this a **mayonnaise dressing** thinned with

cream; sprinkle thickly with **cream cheese**, pressed through a ricer.

180. **Stuffed Tomato Salad**

Groups **M F P**

Scald firm, ripe **tomatoes** for one minute, so that the skin can be removed easily. Cut a slice from the top, take out part of the pulp carefully with a spoon. Fill the **tomatoes** with **cucumbers** cut into dice and mixed with **cream dressing**. On top put a tablespoon of unsweetened whipped **cream**, and sprinkle with finely minced **parsley** or hard boiled **eggs**. Serve on a bed of **watercress**.

Another suitable filling for tomatoes is equal parts of **cabbage**, **celery** and **apples**, chopped fine or cut in small dice. Garnish with shredded green sweet **peppers**.

181. **Tomato Cups**

Groups **M F—St P**

Cut the tops from 6 firm **tomatoes**, remove pulp; cut 1 **Spanish onion** into small dice; add 1 cup **bread crumbs**, $\frac{1}{2}$ cup **mayonnaise**, a little minced **parsley**, seasoning to taste, and the tomato pulp, chopped fine. Mix, fill the shells, and serve on **lettuce**, with **mayonnaise**.

182. **Tomato Salad**

Groups **M F P**

Slice ripe **tomatoes**, not too thin, and arrange slices on a platter alternately with slices of **Spanish onion**. Garnish with quarter sections of hard boiled **eggs** and serve with **boiled salad dressing**.

183. **Tomato and Cauliflower Salad**Groups **M F—S**

Cut small ripe or whole canned tomatoes into quarters and arrange them on lettuce leaves with flowerets of cold cooked cauliflower (covered with French dressing) between the quarters. Serve with mayonnaise or cream dressing sprinkled with finely chopped sweet red peppers.

184. **Vegetable Salad—Cooked**Groups **St S M—F P**

Arrange cooked beets, potatoes and carrots in circular layers on crisp lettuce leaves or large steamed cabbage leaves. In the center place a little mound of green peas; sprinkle with parsley or hard boiled eggs, chopped rather fine. Serve with dressing 3, 6 or 13.

185. **Water Lily Salad**Groups **F P M**

Cut hard boiled eggs in halves (lengthwise), remove the yolks, then cut the whites into thin, lengthwise sections and arrange them on individual salad dishes in a small, cup shaped lettuce leaf to represent the petals of water lilies. Mash the yolks with a fork, or press through a sieve. For each egg yolk use 1 teaspoon cream, a few drops of onion juice and salt to taste. Mix and form into little balls, place one in the center of each lily, then roughen the surface slightly with a fork. Garnish with nasturtium leaves or garden cress to represent the leaves and stems of the lilies. Serve with mayonnaise.

RELISHES

Key to reference letters: **St**, starches; **S**, sugars; **F**, fats; **P**, proteids; **M**, mineral elements.

Tender raw vegetables make most acceptable relishes. Besides those most commonly used, such as radishes, onions, celery and ripe olives, we may use raw turnips sliced, rutabagas, kohlrabi, carrots, artichokes or egg-plant.

Rhubarb makes a delicious and very wholesome relish. Use the tender ribs of the leaves and the tender parts of the stalk, cut into small pieces and serve raw without any dressing.

Raw cauliflower makes a dainty and palatable relish, the flowerets being separated and served without dressing; or they may be added to any of the salads, in season.

Raw asparagus tips, or indeed the whole stalk when tender, will be found a pleasing addition to the list of available relishes, and may be used in salads as well.

Raw sweet corn in the tender stage will be a delightful surprise to those trying it for the first time. It may be served on the cob or cut and scraped and served without dressing; or it may be combined with other ingredients as in some of the following recipes.

186.

Apple Relish

Groups **M S**

Peel and core 6 **apples**, cut into dice, add 1 minced **sweet pepper**, 2 tablespoons of minced **chives**, 2 tablespoons **brown sugar**, juice of 1 **lemon**.

187. **Asparagus Relish**Groups **M S**

Same as apple, substituting chopped asparagus for apples, in recipe 186.

188. **Cabbage Relish (1) (Cold Slaw)**Groups **M—S**

Chop cabbage fine, crisp in cold water; mix with lemon juice, a little brown sugar and salt.

189. **Cabbage Relish (2)**Groups **M S**

Chop fine 1 small head cabbage, 2 apples, 2 sweet peppers, and chives; mix with lemon juice and a little sugar.

190. **Cranberry Relish**Groups **M S—St**

Stewed cranberries, not over-sweetened with brown sugar and not strained, make a good relish in proper combination with other foods.

191. **Beet Relish**Groups **M S—St**

Slice cold cooked beets and dress with lemon juice.

192. **Cucumber Relish**Groups **M S—St**

Cut cucumbers into quarters or eighths lengthwise, crisp in cold water and serve. Do not remove rind if tender.

193. **Onion Rings**Group **M**

Spanish **onions** sliced thin and soaked in milk from 2 to 4 hours. Shake into rings and serve.

194. **Pear Relish**Groups **M S**

Peel and core 6 **pears**, cut into dice, add 1 minced **sweet pepper**, a little minced **chives**, **sugar** and juice of 1 **lemon**.

195. **Corn Relish**Groups **M S—St P**

Cut enough **corn** from cob to make 1 cup, add 1 **green pepper**, and 1 small head **cabbage**, all cut fine; mix well with the juice of 2 **lemons**, $\frac{1}{2}$ cup **brown sugar** and a little **salt**; it is then ready to serve.

196. **Corn and Apple Relish**Groups **M S—St**

Cut enough **corn** from cob to make 1 cup, add 1 **diced apple**, 1 tablespoon each of minced **onion** and **green pepper**, juice of $\frac{1}{2}$ **lemon** and 2 tablespoons of **brown sugar**.

197. **Cauliflower Relish**Groups **M S**

Same as apple, substituting broken **cauliflower** for apples, in recipe 186.

198.

Indian RelishGroups **M S**

1 small head of cabbage, 2 good sized onions, 2 green peppers. Chop all fine, and mix with a little brown sugar and lemon juice.

199.

Sweet Pepper RelishGroups **M S**

Take 6 sweet peppers, remove seeds and rinse thoroughly in cold water; chop fine with 2 apples and 1 medium sized onion. Add a little sugar and lemon juice. This also makes a good sandwich filling.

SOUPS

Key to reference letters: **St**, starches; **S**, sugars; **F**, fats; **P**, proteids **M**, mineral elements.

In the natural diet, we **tolerate** rather than recommend the use of soups. They are objectionable for several reasons.

Most soups are not relished except when taken hot, and hot foods, especially liquids, have the effect of anesthetizing, weakening and dilating the stomach. Moreover, like all other liquids, they dilute the digestive juices, all of which tends to weaken and retard the digestion of foods in the stomach.

Soups should be taken slowly and as cool as they can be relished. It is well to take with the soup some solid food, such as whole grain bread, whole wheat croutons or Ry-Krisp, or some vegetable relish, such as radishes, onions or celery.

It is not at all necessary to begin every dinner with soup. It should not be served more than two or three times a week. **The soup habit should be avoided.**

Meat Soups

As far as meat soups are concerned, instead of containing the strength of the meat, as commonly supposed, they contain much of uric acid and other morbid materials with which the animal carcass is saturated, and in addition to this some fats and gelatin, but very little of the protein elements. The latter coagulate and remain in the meat fiber.

Well informed physicians now admit that soups and meat extracts have more of a stimulating than a nourishing effect upon the system. This artificial stimulation is caused by the poisonous acids, alkaloids and ptomains contained in the meat. The most valuable constituents of flesh foods, the animal life element or animal magnetism, is largely destroyed and dissipated by boiling.

UNCOOKED SOUPS

For those who wish to adhere to a strictly uncooked diet, we offer the following recipes for soups made from vegetables and fruits without the use of fire in their preparation. As will be noticed, it is possible to make combinations and have variety just as well as in cooked soups.

Honey has been used in preference to the commercial sugar, because the latter is not an uncooked product. Furthermore, honey imparts a distinct flavor to the food which greatly improves it. It will also be found that by using vegetables in the uncooked state the desire for salt is greatly lessened.

Fruits and vegetables containing acid are liable to form poisonous compounds with the metal in tin or copper vessels, or granite ware in which the enamel has been cracked. It is therefore advisable to use aluminum or porcelain lined vessels and utensils.

200.

Banana Soup

Groups F P S—St M

Into 6 ounces flaked nuts (preferably pine nuts or Spanish peanuts), stir the juice of 1 lemon. Let stand about fifteen minutes. Add 4 ripe bananas, mashed

with a silver fork, and 1 grated **apple**. Beat well together, flavor with **cinnamon**, **nutmeg**, **anise seed**, or a pinch of **ginger**, as preferred; sweeten with **honey**. Add 1 quart hot **water** and serve in heated bowls.

201. **Cream of Apple**

Groups **M F P S**

Grate 3 **apples** (do not remove parings), add 6 ounces flaked **pine nuts** or **Spanish peanuts**, flavor with **cinnamon** or **nutmeg** and sweeten with **honey**. Beat together until creamy. Add 1 quart hot (not boiling) **water**.

Heat the bowls before serving, or place them in larger bowls containing hot water.

202. **Cream of Cabbage**

Groups **M F P**

Chop very fine enough crisp, tender **cabbage leaves** to make 2 cupfuls. Add 6 ounces flaked **nuts** and rub together with a wooden masher until thoroughly blended. Add 1 teaspoon ground **caraway seed** and a pinch of **paprika**. Let stand about fifteen minutes. Stir into the mixture 1 tablespoon **olive oil** or **peanut oil** and 1 **egg**, well beaten together. Add 1 quart hot (not boiling) **water**. Serve in heated bowls.

203. **Cream of Peas and Carrots**

Groups **S M F P—St**

Mix thoroughly 1 cup tender **green peas**, flaked like **nuts**, 1 cup grated **carrots**, a little **parsley** or **marjoram**, chopped very fine, 1 cup **cucumber juice**, 1 cup **rhubarb juice**, and 2 ounces flaked **nuts**. Add 2 tablespoons.

olive oil, a little **honey**, if desired, and beat well; add **water** to make 2 quarts (hot or cold). If hot water is used, serve in heated bowls.

204. **Cream of Celery**

Groups **M F P**

Follow the directions for Cream of Cabbage Soup, recipe 202, substituting **celery** for cabbage.

205. **Cream of Corn**

Groups **S M F P**

Beat well together, sweet **corn** grated from the cobs to make 2 cups, grated **radishes** or young white **turnips** to make 1 cup, 1 teaspoon **onion juice**, finely chopped **parsley**, 2 tablespoons **olive oil**, 1 quart **milk** (either hot or cold); add the olive oil last, and the milk just before serving.

206. **Cream of Tomato**

Groups **M F P**

Peel 6 or 8 **tomatoes**, cut them into pieces and mash with a silver fork. Add 6 ounces flaked **nuts**, flavor with **parsley** or other **herbs**, and add 2 tablespoons **olive oil**. Heat by placing in a vessel containing boiling water, and serve in heated bowls.

207. **Corn Soup**

Groups **M F S P**

Beat well together 1 cup sweet **corn** grated from the cob, 1 cup **tomato pulp**, and 1 cup each **tomato juice** and **cucumber juice**. Add 6 ounces flaked **nuts** and finely chopped **parsley** or **thyme**. Let stand about

fifteen minutes. Add 1 tablespoon olive oil, beat all well together, and add 1 pint hot water. Serve in heated bowls.

208. **Oatmeal Fruit Soup**

Groups **M S St P F**

Stir together 3 pints fruit juice (which may be obtained by pressing grapes, juicy berries, cherries, peaches, apples, etc., through a fruit press, or by soaking dried prunes or peaches in water for forty-eight hours), $\frac{1}{2}$ pint orange juice, and 1 pint rolled oats or wheat. Let stand about ten minutes. Add 2 tablespoons olive oil, sweeten with honey as required, beat well, and serve. Use only aluminum or silver spoons.

209. **Rhubarb Soup**

Groups **M St F P S**

To 1 cup rolled oats or wheat, soaked in an equal amount of water for about three hours, add 1 cup flaked nuts. Mix thoroughly with 3 pints rhubarb juice, obtained by grating the fresh stalks and pressing the pulp through a fruit press. Add honey to taste, and 1 tablespoon olive oil. Let stand about fifteen minutes before serving.

210. **Tomato Soup**

Groups **M F S**

Peel 6 or 8 tomatoes and chip them into small pieces. Add some finely chopped celery, and, if desired, thyme or parsley. Add honey to taste, and about 2 tablespoons olive oil. Let stand a while before serving.

VEGETABLE SOUPS

Pure vegetable soups, properly prepared, are rich in the mineral elements, which are of the greatest importance in the economy of the body, but care must be taken not to boil the vegetable soups longer than necessary, in order to avoid as much as possible the disintegration of the live organic combinations of the vegetable food elements and the dissipation of the vito-chemical life element (vitamines).

The foundation of vegetable soups is a stock made from leafy vegetables and roots, with a very small addition of peas or beans to supply the rich flavor of the protein which makes meat soups so palatable.

All vegetables may thus be utilized with the possible exception of the red beet, which would impart a reddish color to the stock. The outer leaves of cabbage, spinach, lettuce, kale, the tops of beets and other roots, the tough portions of celery, asparagus and green onions, which usually go to waste, make excellent soup stock, because they are rich in the mineral salts,—the essential element in good soup.

To clarify the stock, use crushed egg-shells. The egg-shells should be washed, dried in the oven, crushed and kept in a covered jar until required for clarifying soups and cereal coffee.

211. Vegetable Stock (for Clear Soups)

Groups M—St S P

Wash carefully, using a stiff brush for the roots, $\frac{1}{2}$ cup peas, beans or lentils (not soaked), 2 parsnips, 1 turnip, 4 carrots, 1 sweet pepper, 2 stalks celery (with leafy tops), 1 onion, $\frac{1}{2}$ cabbage, 2 tomatoes, a small

handful **parsley**, 1 bunch **wintergreen**. Cut into pieces and cook slowly in 3 quarts **water** from one to two hours. Strain, add **salt** to taste, and keep in a cool place until needed. Instead of the foregoing combination, any other vegetables may be used (see introduction to soups).

If stock of stronger flavor and darker color be desired, the **stalks**, **roots** and **tubers** may be cut into pieces and browned in the oven with a little **butter** before cooking them with the **green vegetables**.

The **shells** of **eggs**, crushed and kept in a jar until required, may be boiled with the vegetables to clarify the stock. For amber stock, use the outer **skins** of **onions**.

212. Vegetable Bouillon (Consommé)

Groups **M—F** St S P

Heat rich, clarified **vegetable stock**; add **butter** and **seasoning** to taste, and serve in bouillon cups.

213. Asparagus Soup

Groups **M F—St** S P

Cut about 2 dozen stalks **asparagus** into small dice, cook slowly until tender, in enough **water** to prevent burning. Add hot **vegetable stock** to make 2 quarts. Beat together the yolks of 2 **eggs** and $\frac{1}{2}$ cup **cream**; stir the soup into this, and serve at once.

214. Barley Soup

Groups **M St—F** P

Add 1 quart **water** to 1 cup **tomatoes** cut into pieces, then add **butter** the size of a walnut, $\frac{1}{2}$ cup **barley**,

and cook slowly until the barley is soft. Add rich vegetable stock (hot) to make 2 quarts, and season to taste.

215. **Celery Soup (German Style)**

Groups M—F St S P

Cut 4 stalks celery very fine, and cook in a small quantity of water until tender. Add 3 pints of either stock or milk (hot), butter and seasoning to taste.

216. **Chervil Soup**

Groups M F St—P

Wash and chop fine 1 large bunch chervil. Cook in 2 quarts stock about fifteen minutes. Add 2 potatoes cut into small dice. Cook until potatoes are done, add 2 tablespoons flour blended with butter, and let come to a boil. Season to suit taste.

217. **Chestnut Soup (1)**

Groups F P St—M

Put 1 pound of chestnuts into a stew-pan with about 2 quarts of water; let cook until tender, then add 1 cup washed rice, a little more water and butter, and 1 cream cheese (blue label), grated; when the rice is tender, drain in a fine sieve; season and serve.

218. **Chestnut Soup (2)**

Groups M F P—St S

Chop 1 cup boiled chestnuts very fine. Add 2 quarts stock, heat, and add butter and seasoning to taste. If necessary, thicken with flour and butter, blended. When serving, add 1 tablespoon whipped cream (unsweetened) to each portion.

219. **Consommé Royal**Groups **M F P—S St**

Slice 1 **onion**, add 1 sprig **parsley** and 1 quart **milk**. Cook in double boiler and strain. When cool, add 1 **egg**, slightly beaten, **salt** to taste, and a little **nutmeg**. Reheat, add 3 pints **stock** (hot), 1 tablespoon **Parmesan cheese** (grated or shaved), and serve with squares of hot **buttered toast**.

220. **Corn Soup**Groups **M S F—P St**

Cook 2 cups sweet **corn**, grated or scraped (**canned corn** may be used), with 2 quarts **stock**, about twenty minutes in double boiler; add **butter** and **seasoning** to taste.

221. **Soup à la Creole**Groups **M F P St S**

Chop 1 head **lettuce**, 1 **onion**, and a few sprigs of **parsley**, and put them into a saucepan with **butter** the size of an egg. Cover, let stew gently for ten minutes, then sift in 2 tablespoons **flour**, stirring well to prevent lumps. Add slowly 2 quarts boiling **stock**, then 1 cup **mashed potatoes** rubbed smooth with **cream**. **Season** and add a pinch of **nutmeg**. Beat 4 **eggs** with 1 cup **cream** in the tureen; pour the soup over this, stirring constantly. Serve at once with **croutons**.

222. **Einlauf Soup**Groups **M F P—St**

Take as much **soup stock** as desired. Drop from the end of a spoon or pour slowly through a coarse sieve

a thin, smooth batter made with 1 egg, well beaten, 2 tablespoons flour, and a pinch of salt. Let cook for two minutes before serving.

223.

Favorite Soup

Groups M St P F—S

Cut 1 large onion and 1 carrot into cubes; put into a pan with $\frac{1}{4}$ cup melted butter; cook slowly a few minutes, then add 6 good sized tomatoes, cut in pieces; 2 quarts boiling water or stock, 1 tablespoon flour browned in butter, and 1 cup rice. Cook slowly until the rice is tender; season and serve.

224.

Julienne Soup

Groups M S St—P F

Cut in small strips 2 large carrots, 2 turnips, 2 parsnips, a small head of cabbage, 1 Spanish onion, 3 or 4 potatoes, about 6 tomatoes, and 1 stalk of leek. Add 3 quarts of stock and let boil gently for about one hour. Add a generous lump of butter, and season to taste.

225.

Lettuce Soup

Groups M F—St S P

Cut fine 3 heads of nice, crisp lettuce and 2 green onions. Put into a kettle with 2 tablespoons butter, and cook about five minutes, stirring constantly. Add 3 pints stock (hot), let cook slowly about twenty minutes, and season to taste. Add 1 cup whipped cream (unsweetened) just before serving.

226. **Mock Turtle Soup**Groups **M P F St**

Cut into small dice 1 **carrot**, 2 **potatoes**, 1 **onion**, and 1 stalk **celery**. Cook about fifteen minutes in enough **water** to prevent burning. Add 1 cup **mushrooms**, cut into small pieces, and cook about ten minutes longer. Add **water** or **stock** (hot), to make 2 quarts. Brown 1 tablespoon **flour** in same amount of **butter**, and add to **soup**, with **seasoning** to taste. Let boil a few minutes, then pour over the yolks of 2 hard boiled **eggs**, chopped fine, and 1 **lemon**, cut into dice.

227. **Cream of Nut Soup**Groups **M F P—St S**

To 1 cup **nut meal** add 3 pints **stock**, stirring well to prevent lumps. Heat, add a little **butter**, and **season** to taste. Beat the yolk of 1 **egg** well, stir the soup into it, and serve at once.

228. **Noodle Soup**Groups **M St—P S**

Into boiling **stock** drop the desired quantity of **noodles** (see recipe 303). Let boil from twenty to thirty minutes before serving.

229. **Rice Soup (1)**Groups **M St—F S P**

Heat **stock** to boiling. To every quart add 1 large tablespoon natural **brown rice**. Let cook about an hour, and add **butter** and **seasoning** to taste. Green **peas** or slices of **carrot** may be added if desired.

Sago, **tapioca**, **farina** or **noodles** may be used instead of **rice**.

230. **Rice Soup (2)**Groups **M St—F S P**

Wash $\frac{1}{2}$ cup natural brown rice, add 1 pint cold water; let come to the boiling point and boil hard for five minutes. Add 3 pints of stock (boiling hot), some cooked green peas, or any other cooked vegetable (such as carrot or cauliflower, cut into dice). Let simmer on back of stove for ten minutes, then add butter and seasoning to taste.

231. **Sago Soup, with Egg**Groups **M F St—S P**

To 1 quart soup stock add 1 tablespoon sago. Let cook until sago is clear. Just before serving, add the well beaten yolk of 1 egg to each quart of soup.

232. **Salsify Soup (Oyster Plant)**Groups **M F—St**

Follow directions for Celery Soup, substituting salsify for celery, in recipe 215.

233. **Scotch Kale Soup**Groups **M—F St P S**

Wash well and chop very fine sufficient kale to make 2 cups. Cook in 4 quarts stock about one hour. Add butter, salt, $\frac{1}{2}$ cup rolled oats, and 1 grated onion. Let cook about thirty minutes.

234. **Spinach Soup**Groups **M—F St P S**

Follow the directions for Scotch Kale Soup above, substituting spinach for kale.

235. **Tomato Consommé**Groups **M—F** St S P

Cut 10 **tomatoes** into pieces without removing the skin; peel and slice 1 **Spanish onion**; cook with 2 **bay leaves** in about 1 quart **water**. Strain, season to taste, add **butter**, and serve in bouillon cups.

236. **Tomato Soup**Groups **M F—St S**

To 1 quart **tomatoes** cut into pieces (or an equal amount of **canned tomatoes**), add $\frac{1}{2}$ teaspoon **brown sugar** and 1 **bay leaf**. Cook in 1 quart **water** about thirty minutes, strain, and reheat. When boiling, add 2 tablespoons **flour** blended with 2 tablespoons **butter**; let cook ten minutes, and season with **celery salt**.

Instead of flour, 2 tablespoons **rice** may be used.

237. **Tomato Soup with Noodles**Groups **M St—P S F**

Peel 5 or 6 **tomatoes**, cut into small pieces, and cook with 2 quarts **stock**. When boiling, add the desired quantity of **noodles** (see recipe 303), let boil fifteen to twenty minutes, add **butter** and serve.

238. **Purée of Tomatoes**Groups **M—St F S P**

Cut into pieces 6 large **tomatoes**, 1 **potato**, 1 **onion**, and 3 or 4 stalks **celery**. Add 1 **bay leaf**, a few sprigs **parsley**, and cook about one hour in enough **water** to prevent burning. Strain through a colander; add **stock** to make 2 quarts, reheat, add **butter**, a little

brown sugar, and seasoning to taste. When boiling, thicken with 1 teaspoon cornstarch dissolved in a little cold water.

239. Vegetable Soup

Groups M—St S P F

Cut into small pieces celery stalks, cabbage leaves, 1 small onion, parsley, cauliflower, and any other non-starchy vegetable you may have on hand. To 1 cup vegetables add 1 tomato and a few green peas. Cook in water about thirty minutes. Add 1 or 2 potatoes and 1 carrot cut into small dice. Cook until potatoes are soft, season to taste, and serve.

240. Purée of Vegetables

Groups M S St—P F

Cut into pieces and cook together in enough water to prevent burning, 1 carrot, 1 turnip, 1 parsnip, 2 potatoes, 1 stalk celery, 2 tomatoes, and a small handful chopped parsley. When thoroughly done, mash through a colander, add stock to make 2 quarts, reheat, add butter, and season to taste.

241. Vienna Soup •

Groups M F P—St S

Into 2 quarts boiling, clarified vegetable stock pour slowly 2 well beaten eggs, and serve at once.

242. Soup—Sanitarium Style

Groups M—St S P F

To 2 quarts stock add 1 cup tomatoes, cut fine, 1 cup cooked asparagus, and a little flour blended with butter; let boil a few minutes; season and serve.

SOUPS MADE WITH MILK

243. Cream of Asparagus (1)

Groups M F—P St

Cut the tough ends of about 2 dozen stalks of **asparagus** into small pieces and cook slowly in 3 pints of **water** about one hour. Make a cream sauce of 2 tablespoonfuls each of **flour** and **butter**, and 2 cups **milk**. Add to this the strained **asparagus water**, and the tips and tender parts of the asparagus, which have been cut fine and cooked separately. **Season** to taste, add **butter**, and serve.

244. Cream of Asparagus (2)

Groups M—F P St

Cut the tips and tender portions of about 2 dozen stalks of **asparagus** very fine and cook them in enough **water** to prevent burning. Heat **milk** to boiling; thicken with **cracker crumbs**. Add asparagus, also **butter** and **seasoning** to taste. Let boil a few minutes and serve.

245. Cream of Barley

Groups St—P M S F

Wash 1 cup **barley** and cook in 1 quart **water** until soft. Peel and grate 1 medium sized **onion**, and add the juice and about half the pulp to the barley. Let it boil, then rub through a coarse wire sieve. Add 1 quart **milk** (hot), **butter**, and **seasoning** to taste.

246. **Cream of Beet**Groups **S M—St F P**

Peel and cut into small strips 6 good sized **beets** and 1 **onion**. Add a small piece of **sweet pepper** and a spray of **parsley**. Cook in enough **water** to prevent burning until the beets are very tender; remove pepper and parsley, rub beets through a sieve. Reheat, and thicken with a little **flour** and **butter** blended. Add 1 quart hot **milk**, and the well beaten yolk of 1 **egg**. **Season** to taste.

247. **Cream of Carrot**Groups **M S F—St P**

Cut about 1 dozen **carrots** into small pieces. Cook until tender in enough **water** to prevent burning, with a small piece of **butter** added. Mash through a colander and reheat, adding about 3 pints hot **milk**, 2 table-spoons **butter**, and 1 tablespoon **flour** rubbed smooth in a little cold **milk**. Let all come to boiling and **season** to taste.

248. **Cream of Celery (1)**Groups **M F—St**

Cut the outer, tough part of 4 stalks **celery** into pieces. Cook slowly in 2 pints **water** about one hour. To the strained celery stock add about 1 cup finely cut, crisp white **celery**, cooked separately in a small quantity of slightly salted **water** until tender. Thicken with **flour** blended with **butter**, and add 1 pint rich **cream**, heated. Let boil a few minutes and serve.

249. **Cream of Celery (2)**Groups **M F S P**—St

Cut 2 large stalks **celery** into small pieces. Cook in a double boiler with 2 pints **milk** until tender. Mash through a colander and return to double boiler. Add a cream sauce made of 2 tablespoons each of **flour** and **butter** and 1 pint **milk**. Let come to boil, **season** to taste, and stir in 1 cup **whipped cream** (unsweetened) before serving.

250. **Cream of Cheese (Duchess Soup)**Groups **P F**—S M St

Put 2 tablespoons **butter** in a saucepan. When melted, add 1 **onion**, sliced. Cook until soft and creamy, and sift in 2 tablespoons **flour**, stirring well to prevent lumps. Transfer to double boiler, add 3 pints hot **milk**, and **seasoning** to taste. Add 6 tablespoons grated **cheese**, stirring well. When very hot, rub through a fine sieve, reheat, and serve.

251. **Cream of Chestnut**Groups **F P**—S M St

Scald and peel **chestnuts** to make 1 pint. Cook in 1 quart **water** until soft, then rub through a colander. Add 1 quart hot **milk**, **season**, add **butter**, let cook two minutes, and serve.

252. **Cream of Corn (1)**Groups **S M F P**—St

To 2 cups **corn**, grated or scraped, add 1 grated **onion** and 3 pints hot **milk**. Cook in double boiler about twenty minutes; add **butter** and **seasoning** to taste.

253. **Cream of Corn (2)**Groups **S F M—P St**

Simmer 1 quart grated **corn**, in **milk** to cover, about thirty minutes. Add 4 tablespoons **butter**, **salt** to taste, a little grated **onion**, then thin with hot **milk** to the desired consistency. Before serving add 1 tablespoon of **whipped cream** to each portion, also a little minced **parsley**.

254. **Cream of Lettuce**Groups **M F S**

Wash well and cut fine some **lettuce leaves**, also a small amount of other vegetables, such as **carrots**, **leeks** and **onions**. Stew in a little **salted water** until soft, press through a colander; reheat. Just before serving, add hot rich milk and 1 cup finely shredded **lettuce**.

255. **Cream of Mushroom (1)**Groups **P F—St S M**

Wash well, peel and chop fine 2 quarts **mushrooms**. Add **water** enough to cover, and a small piece of **butter**. Let simmer until nearly done, stirring often. Add $\frac{1}{2}$ teaspoon grated **onion**, and thicken with **flour** blended with **butter**. Season, and add enough hot **milk** to make 2 quarts. Let boil two minutes, and serve.

256. **Cream of Mushroom (2)**Groups **P F—St S**

Peel and wash well 1 quart **mushrooms**. Add **water** enough to cover, and boil until tender enough to rub through a coarse sieve. Make a cream sauce, using 2 tablespoons **butter**, 3 tablespoons **flour**, and 1 quart

milk. Add the mushrooms, **season** to taste, and serve with **bread sticks.** (See recipe 300.)

257. **Noodle Soup**

Groups **St S F P**

Heat **milk** in double boiler or over an asbestos mat. Add the desired amount of **noodles** (see recipe 303), let boil about twenty minutes, **season**, sprinkle with finely chopped **parsley**, and serve at once.

258. **Cream of Onion**

Groups **M F S P—St**

Peel and slice 6 **Spanish onions.** Heat 2 tablespoons **butter**, add the onions, and stir until they begin to cook. Add 1 cup **water**, cover and let simmer about thirty minutes longer, then add 1 quart hot **milk.** Strain, add $\frac{1}{4}$ cup **cracker crumbs**, and **seasoning.**

259. **Onion Soup**

Groups **M F P S—St**

Chop 4 good sized **onions** and cook very slowly until soft; add 1 quart rich **milk**, heated; **season**, thicken with **cracker crumbs**, add a tablespoon of **butter** and serve without straining.

260. **Browned Onion Soup**

Groups **M F S P**

Slice **onions**, put in a baking pan with a little **butter**, and let brown in oven but do not burn. Put the **onions** in a saucepan with hot **milk**, and let simmer about one-half hour. **Season**, add **butter**, strain and serve.

261. **Cream of Potato**

Groups St F P M—S

Cut 6 large potatoes into pieces, and cook until soft in enough salted water to cover. Mash through a colander, add 1 quart hot milk, a lump of butter, seasoning to taste, and a little chopped parsley.

262. **Potato Soup**

Groups St M F—S P

Pare and cut into dice 3 large potatoes and 1 onion. Cover with cold water, add butter the size of a walnut, and cook about thirty minutes. Add 1 quart hot milk.

Rub 1 tablespoon butter into 2 of flour with $\frac{1}{2}$ teaspoon baking powder added. Make a fairly stiff dough with cold milk, roll thin, and cut into small squares or diamonds. Heat the potatoes and milk to boiling, drop in the dough, cover closely, and let boil about ten minutes. Season, sprinkle with finely chopped parsley or thyme, add butter, and serve.

263. **Cream of Rice**

Groups St F S P M

Rub 1 cup cooked rice through a coarse wire sieve. Add 3 pints milk and the juice of 1 onion, and heat to the boiling point in double boiler; add butter and seasoning to taste.

264. **Squash Soup**

Groups F S M P—St

Peel and quarter 1 small squash, remove seeds, cut into pieces and steam until tender; rub through a

coarse sieve, and heat to boiling in double boiler with 2 quarts **milk**. Season with **butter** and **nutmeg**, and add the well beaten yolks of 2 **eggs**. Serve with **croutons**.

265. **Cream of Tapioca**

Groups **St F M S P**

Wash $\frac{1}{2}$ cup **pearl tapioca**, let soak for two hours in cold **water**, then put on to cook with 1 **onion** and 2 stalks **celery**, chopped fine. Cook until the tapioca is clear, adding more **water** if necessary. Make a cream sauce of 2 tablespoons each of **butter** and **flour**, blended, and 1 quart **milk**, and add to the soup. **Season** to taste, and serve.

266. **Cream of Tomato (1)**

Groups **M F S P—St**

Many people experience difficulty on account of the curdling of the milk. The secret of success lies in using fresh milk, and having the milk and tomatoes of equal temperature at the time of mixing. It is better to add the tomatoes to the milk, not vice versa. If there is any doubt about the freshness of the milk, a small pinch of baking soda added to the tomatoes will counteract the acidity; but this addition of inorganic soda to food is undesirable and should be avoided.

Cook 1 can **tomatoes**, or fresh **tomatoes** cut up to make 1 quart, and 1 large **onion**, with 1 teaspoon **brown sugar** added, for about twenty minutes in **water** enough to prevent burning. Rub through a coarse sieve, re-heat. Meantime, heat 3 pints **milk** to boiling in a double boiler, and thicken with 1 tablespoon **flour** or **cornstarch** rubbed smooth in a little cold **milk**. Add

the tomatoes to the milk, stirring constantly. **Season**; and add **butter** the size of a walnut.

267. **Cream of Tomato (2)**

Groups **M F S P—St**

Cook and strain through a coarse sieve 1 quart **tomatoes**. Reheat to boiling point, and thicken with a little **cornstarch**. In a saucepan melt 1 large tablespoon **butter**, sift in 1 tablespoon **flour**, and let cook until perfectly smooth, then add slowly 1 quart hot **milk**. Heat to boiling, mix with the tomatoes, **season**, and add more **butter** and a little **sugar**, if desired. This will not curdle.

268. **Cream of Leek**

Groups **M F—St**

Cut leeks in small pieces, cover with **water**, let simmer until tender, then rub through a fine sieve. Heat $\frac{1}{2}$ cup **butter**; add 2 tablespoons **flour** (for 2 quarts of leek stock); let butter and flour simmer, but not brown. Add a little of the hot stock and stir until smooth, then add to the soup, which should be of a creamy consistency. **Season** to taste, and, lastly, add 1 cup hot **cream**.

269. **Salsify Soup**

Groups **M S F P—St**

Allow 4 **salsify roots** to each plate of soup; scrape and cut into desired pieces; put on to cook with **butter** and just enough **water** to cover; when tender, add a sufficient amount of hot **milk**; let boil about five minutes; **season**, and serve with **crackers**.

270. **Purée of Carrots**Groups **S M F**—St **P**

Scrape and slice 6 large **carrots**; boil in a very small quantity of **water** with 2 tablespoons **butter**; when tender, rub through a sieve, add **salt** and **sugar** to taste, and hot **cream**; beat well, let boil up; garnish with minced **parsley** and serve.

271. **Cream of Peas**Groups (green peas) **S M F P**—StGroups (dried peas) **St P M F**—S

Mash 2 cups cooked **peas** (fresh or dried) through a coarse sieve. Add 1 grated **onion**, 3 pints **milk**, **butter**, and **seasoning** to taste. Heat to boiling point and serve with **croutons**.

SOUPS MADE WITH LEGUMES

These soups are rich in proteins and starches. Allowance must be made for this in planning the meal of which one of these soups would form a substantial part.

272. **Cream of Bean and Salsify**Groups **St P M**—S **F**

Sort and wash 1 pint **navy beans** and soak them over night. Cook with 1 large **onion** and a handful of **parsley** in enough **water** to cover well, until nearly done. Add 12 good sized **salsify roots**, peeled and cut into small pieces. Cook one hour longer, adding more **water** if necessary. Rub through a colander, reheat, and add **stock** or **milk** to make 3 quarts. **Season**, and add **butter**.

273. **Purée of Bean**

Groups St P M—F

Soak 1 pint of navy or kidney beans over night. Cook until nearly tender in enough water to cover. Add 4 or 5 tomatoes and 1 onion cut in pieces. Cook about thirty minutes longer, mash through a colander, add hot milk (or stock), butter and seasoning, and sprinkle with a little chopped parsley.

Olive oil, used instead of butter, imparts a flavor relished by many.

274. **Lima Bean Soup**

Groups St P M—F

Follow the directions given above for Bean Purée, using lima beans.

275. **Mexican Bean Soup**

Groups St P

Soak 1 pint of brown or Mexican beans over night. Cook until nearly tender. Add 2 potatoes cut into dice and cook until potatoes are soft. Mash through a colander, add $\frac{1}{2}$ teaspoon sugar, and butter and salt to taste.

276. **Purée à la Jackson**

Groups St P M—F

Soak 1 pint each of dried peas and beans. Cook about one hour in enough water to cover. Add 1 turnip, 1 large carrot, 2 celery roots (German celery), and 6 potatoes cut into dice. Cook one hour longer, or until thoroughly done, and mash through a colander. Add plenty of butter or olive oil, seasoning, and chopped parsley.

277. **Lentil Soup**Groups **St P M—F**

Soak 1 pint of **lentils** over night. Cook with a bunch of **parsley** in **water** enough to cover well, for about one hour. Add 1 cup **tomatoes**, canned or fresh, 1 **Spanish onion** and 2 **carrots** cut into dice. Rub through a colander and reheat with **water** or **stock** sufficient to make 2 quarts of soup. Brown 2 teaspoons **flour** in an equal amount of **butter** and add to the boiling soup. Cook five minutes longer, **season** to taste, add more **butter**, and sprinkle with chopped **parsley**, if desired.

278. **Plain Pea Soup**Groups **M S—St F P**

Wash the **pods** of 1 pint of fresh shelled **peas** and boil in **water** enough to cover, about thirty minutes. Strain, and cook the **peas** in this water until tender. **Season** to taste, thicken with 1 tablespoon **flour** rubbed smooth in a little cold **milk** or **water**, and add 1 tablespoon **butter**, also hot **stock** or **milk** to make 2 quarts. Do not strain. Sprinkle with chopped **parsley**.

279. **Purée of Peas (1)**Groups **S M F P**

Cook 1 pint of shelled **peas** and 1 slice of **onion**, with 1 scant teaspoon **sugar** added, in enough **water** to cover, until soft. Add 3 pints hot **milk**, or half **milk** and half **water**, and let simmer about twenty minutes longer. Thicken with 1 tablespoon each of **flour** and **butter**, blended. Let boil a few minutes, **season**, and mash through a colander. Reheat, sprinkle with chopped **parsley**, and serve.

280. **Purée of Peas (2)**

Groups St P—F M

Soak 1 pint yellow split peas over night; cook in water enough to cover, with 1 small onion and a little celery. Let simmer gently for two hours, then rub through a colander. Reheat, adding water to make 2 quarts. Let boil a few minutes, season, and add butter or olive oil. Serve with croutons.

281. **Purée of Peas (3)**

Groups St P M—F

Soak 1 pint of dried peas over night (or use 1 quart of fresh shelled peas). Cook in water enough to cover well, with 1 onion and a bunch of savory herbs. When the peas are tender, remove the flavoring, and rub through a colander. Reheat, adding water or stock to make 2 quarts. Season, add butter, sprinkle with finely chopped parsley, and serve with croutons.

282. **Purée of Peas (4)**

Groups St P—F

Soak dried peas over night. When ready to cook cover with cold water and boil till tender. Press through a colander, add butter and salt, and let stand on back of range until it thickens. Puree of beans or lentils may be made in the same manner.

283. **Dark Surprise Soup**

Groups St P F—M

Soak over night 1 pint each of black beans and lentils. Let boil gently until soft, in enough water to cover, with 1 onion and 1 pod of okra. Press through

a colander and return to kettle. Add more **water** and cook for twenty minutes with a little **thyme**, **summer savory** and **parsley**; add **butter** and **seasoning**. Before serving, add 2 hard boiled **eggs**, chopped fine, and 1 **lemon** sliced very thin.

SWEET SOUPS AND FRUIT SOUPS

Raspberries, **blackberries**, **strawberries**, **elderberries**, **currants**, **Concord grapes**, and so forth, may be prepared according to recipe 295, and served with **dump-lings**.

Cherries and **plums** may either be rubbed through a colander, or, if pitted beforehand, cooked and served without straining.

Peaches, **pears** and **apples** may be cooked until soft and mashed through a coarse sieve.

284. Banana Soup

Groups S St P—F M

Slice 6 large **bananas** and cook in double boiler with 3 pints **milk**. Let boil about five minutes, mash through a coarse sieve and add **butter** and **sugar** to taste. Serve with **buttered toast**.

285. Barley Milk

Groups S F P St—M

Cook $\frac{1}{2}$ cup of **barley** with 2 quarts **milk** in a double boiler about one and one-half hours; add a small lump **butter**, sweeten to taste, and flavor with **cinnamon** or **nutmeg**.

Rice milk or **sago milk** may be prepared in a similar manner.

286. Cream of Barley (Sweet)

Groups St F S P—M

Wash 1 cup of **barley** and cook in 1 quart of **water** until soft. Add 1 stick whole **cinnamon**, sugar to taste, a few **currants**, and 1 quart of **milk**. Let cook another half hour, rub through a sieve, reheat, and add **butter** the size of a walnut.

287. Sweet Barley Soup

Groups M St S—P

Wash 1 cup **barley** and cook in 2 quarts of **water** about one hour. Add 2 sliced **apples**, $\frac{1}{2}$ cup **raisins**, 2 tablespoons of **grape** or **plum** jelly, the juice of 1 **lemon**, 6 **cardamon** seeds, and sugar to taste. Let cook for another hour, and add **water** or diluted **grape** juice to make 2 quarts.

288. Bread Soup

Groups St P F—S M

Cook remnants of **brown** bread, in **water** to cover, with a piece of **butter** added, over a slow fire until soft. Rub through a coarse sieve, add rich **milk** (hot), a little **salt**, and sugar to taste. Flavor with **nutmeg**, **cinnamon**, or **anise** seed.

289. Bread Soup—German Style

Groups St F P S M

Soften stale whole wheat and rye bread (equal parts) by pouring boiling **water** over, then rub through a colander. Add a generous piece of **butter**, several thin slices of **lemon**, **salt** and sugar to taste, and a

cup of **currants**. Add **water**, and, if desired, **grape juice**. Cook over a slow fire until the currants are soft. When ready to serve, add the well beaten yolk of 1 egg to each quart of soup.

290. **Buttermilk Soup (1)**

Groups P M St S

Cook 2 quarts of **buttermilk**, $\frac{1}{2}$ cup **sago**, and $\frac{1}{2}$ cup **raisins** or **currants**, without stirring, in double boiler, until sago is clear, then add **sugar** to taste.

291. **Buttermilk Soup (2)**

Groups P St M—S F

Soak 1 cup **prunes** over night. Cook in 2 quarts of **buttermilk**, with 1 stick of whole **cinnamon**, for about thirty minutes; **sweeten** to taste, and serve with **French dumplings**. (See recipe 305.)

292. **Sweet Cream of Chestnut Soup**

Groups F P S M

Heat together 1 cup boiled **chestnuts**, chopped very fine, and 2 quarts **milk**. Add **butter**, **sugar**, and **seasoning** to taste. Just before serving, add **whipped cream** in little mounds, sprinkled slightly with powdered **cinnamon**.

293. **Gooseberry Soup**

Groups M St S

Pick and wash 1 quart of **gooseberries** and cook in 3 pints **water** until nearly soft. Add 3 tablespoons of **sago** or **tapioca**; let cook until sago is clear, and **sweeten** to taste.

294. **Ripe Currant Soup**

Groups M S

Follow directions for Gooseberry Soup, recipe 293, substituting currants (1 quart of ripe currants picked from the stem).

295. **Elderberry Soup, with French Dumplings**

Groups M S

Pick from the stems elderberries to make 1 quart. Wash and cook about forty minutes in 2 quarts of water; strain, sweeten to taste, and reheat. To make dumplings follow recipe 305.

296. **Dried Fruit Soup (German Style)**

Groups M S—St

Wash and soak over night 1 cup prunes, and $\frac{1}{2}$ cup each of currants and raisins. Cook all together in 2 quarts of water for about one hour, using the water in which the fruit was soaked. Add $\frac{1}{2}$ cup sago, 1 stick whole cinnamon, the juice and rind of 2 lemons, and sugar to taste. Cook until the sago is clear.

297. **Grape Soup**

Groups S M St—F

Cook 2 quarts of Concord grapes, picked from the stems, in water enough to cover well, about thirty minutes. Strain, add $\frac{1}{2}$ cup sago, and sugar to taste. Let cook until sago is clear. If necessary, add water to make 2 quarts. Serve with squares of buttered toast.

298. **Lemon Soup**

Groups M F P—S St

Add the juice of 4 lemons and the grated peel of 1 lemon, to 2 quarts of water. When boiling, thicken with $1\frac{1}{2}$ tablespoons **cornstarch** dissolved in a little cold water; cook about five minutes. Beat the yolks of 3 eggs and 1 cup sugar until light and foamy. Over this pour slowly the boiling lemon soup, stirring constantly in one direction.

299. **Rhubarb Soup**

Groups M F P—S St

Cook 4 cups **rhubarb**, which has been cut into inch-long pieces, the juice of 1 lemon, and 4 pints of water until soft. Rub through an enameled colander and reheat. When boiling, add 1 tablespoonful **cornstarch**, dissolved in a little cold water. Beat well the yolks of 2 eggs with 1 cup sugar. Pour over this the boiling **rhubarb soup**, stirring constantly in one direction. Add more sugar if necessary. Beat well the whites of the eggs with 1 tablespoon of sugar. Heap in little mounds on the soup before serving.

ACCESSORIES TO SOUPS300. **Bread Sticks**

Groups St P

When making bread, take some of the **dough** that is ready to be placed in the pans for the last rising, and roll into "sticks" about half an inch thick and four inches long. Drop the sticks carefully into **salted, boiling water**, let boil hard for two minutes, lift out with a **skimmer**; drain, and place in shallow, buttered bak-

ing tins. Bake immediately in a very hot oven until golden brown.

301. **Croutons**

Groups St P

Cut **stale bread** into small dice. Brown in a hot oven, stirring frequently to insure browning on all sides.

302. **Mandln**

Groups P F St

Beat 1 **egg** slightly, add a pinch of **salt** and 1 cup **flour**. Mix well into a stiff batter, put on a board sprinkled with **flour** and roll out like noodle dough. Leave on board to dry for about thirty minutes, then cut discs from the dough with a round cutter or thimble, put into a buttered baking pan and brown quickly in a hot oven. Serve cold with soup, or they may be cooked in the soup like noodles. Stars, crescents, diamonds, or other fancy shapes may be cut from the dough with a sharp, pointed knife.

303. **Noodles**

Groups P F St

To 2 **eggs**, well beaten, add 2 tablespoons cold **water** and enough **flour** to make a very stiff dough. Roll out as thin as a wafer and dredge slightly with **flour**. Let dry for half an hour, then either roll, or cut into strips about two inches wide, laying one on top of the other. Cut into fine threads (guiding the knife by keeping the fingers of the left hand against it, at the same time pushing the dough forward). Shake loose and keep on stiff paper in a dry place until needed.

304. **Delicious Noodles**Groups **P F St**

Sift 1 quart **flour**; beat into it 4 **eggs**, one by one, and 1 teaspoon **salt**. Mix well, divide into four equal parts, roll very thin, let dry for about an hour. Make into rolls and proceed as in the foregoing recipe.

Do **not** use milk or water in making these noodles.

305. **French Dumplings**Groups **F St P—M**

Cook together $\frac{1}{2}$ cup **butter** and 1 cup **water**; when boiling, sift into it 1 cup **flour**, stirring constantly until the mixture slips from the spoon; let cool, and add 3 well beaten **eggs**; shape into dumplings with a silver dessertspoon, drop into boiling **water**, cover closely, and let cook three minutes; take out with a skimmer, one at a time, and put into **soup**, being careful not to break the dumplings.

VEGETABLES

Key to reference letters: **St**, starches; **S**, sugars; **F**, fats; **P**, proteids **M**, mineral elements.

Leafy and Juicy Vegetables

Leafy and juicy vegetables are the most valuable foods of the mineral salts group (Group V). While the juicy, acid and subacid fruits average from twenty to fifty parts per thousand of the positive mineral salts of iron, sodium, lime, magnesium and potassium, the non-starchy, leafy and juicy vegetables average from seventy to one hundred and fifty parts per thousand of these all important, physiological and medicinal mineral elements.

On pages 480 and 481 we have dilated upon the value of these positive, alkaline, mineral elements as neutralizers and eliminators of poisonous acids and alkaloids, as blood, nerve and bone builders, as the principal ingredients in all the important secretions of the body, and as generators and conductors of electromagnetic energy. We called attention to the fact that the juices of fruits and vegetables, prepared in Nature's own laboratory, supply in the best possible form the demands of fluids in the animal and human body. They are natural tonics, cholagogues and purifiers. They dilute and hold in solution the morbid, colloid (glue-like) products of starchy and protein digestion. The large amount of woody fiber (cellulose) contained in the vegetables furnishes solid resistance to the intestines and thereby stimulates their peristaltic move-

ments and makes very efficient scourers, purifiers and natural laxatives.

Richest in the positive mineral elements are cabbage, spinach, lettuce, watercress, savoy cabbage, endive, rose kale (Brussels sprouts), Scotch kale, leek, celery and parsley. Next to these rank tomatoes, cucumbers, radishes, onions, horseradish, green peppers, asparagus and cauliflower.

Splendid cooling and refreshing summer foods, rich in the purifying organic salts, are the watermelons, muskmelons, cantaloups, pumpkins, squashes, and other members of the melon family.

Roots and Tubers

For the qualities of roots and tubers see page 487, Part II.

Legumes

Fresh legumes in the green or milky stage should be classed under Group V. They contain considerable amounts of mineral elements and comparatively small amounts of starches and proteins. As the ripening process progresses a large percentage of the mineral elements recedes into the leaves and stems, while the seeds themselves fill in with starchy and protein elements.

Therefore, legumes in the ripe, dried state, such as beans, peas, lentils, and so forth, should be classed under Group IV. They are heating, flesh building and acid forming. They are very rich in starches and protein, but poor in mineral elements, hence should be used very sparingly, if at all, in the curative diet; and in the

normal diet they must be combined with generous quantities of fruits and green vegetables. Used too freely or without a proper balance of eliminative fruits and vegetables they may affect the health as dangerously as meats.

The Preparation and Cooking of Vegetables

Most vegetables and fruits are not improved by cooking. However, many diet reformers go to extremes when they claim that all or nearly all the organic mineral combinations in vegetables and fruits are rendered inorganic through cooking. This is an exaggeration. Cooking is merely a mechanical process of subdivision, not a chemical one, and mechanical processes of subdivision do not disorganize organic molecules to any great extent.

However, it remains true that the fruits and vegetables mentioned under Group V are not improved by cooking.

Only starchy vegetables and cereals are improved by cooking, and this is so because through ages of abuse our digestive organs have lost the power to digest and assimilate raw starch. The cooking serves to break up and separate the hard starch granules and to facilitate the penetration of the digestive juices.

As regards the use of salt we take the liberty of quoting in this connection from page 506 of this volume:

“Table salt, however, should be used very moderately, even by meat eaters. Its excessive use easily becomes a habit. Its elimination greatly irritates the kidneys and withdraws from the blood large quantities of serum. This creates thirst which necessitates the drinking of much water. This in turn dilutes the blood

and other secretions of the organism, causing watery dysemia of all the vital fluids.”

When the dietary contains liberal amounts of uncooked fruits and vegetables, very little or no salt will be needed. The addition of a little salt is permissible to vegetarian foods which contain large amounts of proteids, fats and starches, such as eggs, butter, peas, beans, lentils, potatoes, cereals and rice.

Vegetables of the fifth group when properly steamed in their own juices so that none of their mineral constituents are wasted, do not need additional condiments. Their own salts are the best flavoring.

Steaming the Leafy Vegetables

After the vegetables have been thoroughly washed, drain them and place in a cooking vessel, the bottom of which has been brushed with oil to prevent sticking before the juices have been drawn out. In a few moments enough of the juices will have been extracted to cook the vegetable. Cook slowly till tender but not overdone, add a little butter, serving the juice with the vegetable. A little salt may be added in the beginning or while the vegetable is cooking.

Cook all vegetables only as long as is required to make them soft enough for easy mastication, not until mushy. Overcooking not only renders the vegetable unpalatable, but dissipates to a large extent the life elements contained in the raw food.

If, as is the usual custom, the vegetables are boiled hard and for a long time in a large quantity of water, then drained or, what is worse still, pressed out, they have lost their nutritive and medicinal value. The mineral salts have vanished down the sink pipe, and the remains are insipid and indigestible and must be

soaked in soup stock and seasoned with strong condiments to make them at all palatable. The natural flavors of the vegetables are the most delicious.

Asparagus and such root vegetables as carrots, parsnips and oyster plant should be covered with slightly salted boiling water and cooked gently, without covering, until the pieces can be pierced with a splint or fork, but are not mushy. Drain, but do not throw away the water—use it for making soups or sauces. These vegetables are best served simply with butter.

Beets are cooked in the same manner, in unsalted water, and the skins rubbed off when done. All these vegetables may be cooked in a steamer over boiling water if preferred, or they may be cooked in the fireless cooker. It will be found, however, that the green or savory vegetables are of much better flavor if cooked in a vessel open to the air.

The first recipes under each head are the simple, most desirable and most wholesome ones to be used for everyday menus. The later ones are more complex, not so easily digested, and are not recommended except for occasional use. The more nearly the regimen is confined to raw food and the simpler forms of cooking and preparation, the better will be the results.

ASPARAGUS

Asparagus runs low in protein (2%) and starches and sugars (2%), but high in the five positive mineral elements, about 50 per 1,000. The tender stalks are delicious eaten raw by themselves, or in salad combinations with other vegetables.

306. **Steamed Asparagus**

Groups M—F P

Steam nice tender **asparagus** in a steamer or colander fitting into a large kettle. Serve either with **melted butter**, egg sauce or **Sauce Hollandaise**.

307. **Stewed Asparagus**

Groups M F

Break the tender portions of about 2 dozen stalks of **asparagus** into small pieces. Heat 3 tablespoons of **butter** with 2 of **water**. Drop the asparagus into it and cover tightly. Let simmer until tender. Garnish with sprays of **parsley** and serve.

308. **Creamed Asparagus**

Groups M F—St

Cut **asparagus** into inch long pieces, cook in a small quantity of **water** until tender. Make a cream sauce of 1 tablespoon of **butter** and **flour** and 1 cup of **milk** or **cream**. Add the asparagus, let boil up a few moments, then serve at once on a heated platter with a border of **roasted potatoes**.

309. **Asparagus with Sour Cream**

Groups M F—St

Tie young **asparagus** in small bunches and cook until tender in slightly salted **water**, enough to cover, then remove from the water and keep in a heated dish until ready to serve. Make a cream sauce with 2 tablespoons **butter** and 1 of **flour**, the **asparagus water**, and 1 cup of thick **sour cream**. Pour over the asparagus and serve on squares of **toast**.

310. **Asparagus and Carrots**Groups **M F S**

Cut young **carrots** in strips and cook about fifteen minutes in enough **water** to cover. Add an equal amount of **asparagus** cut into inch long pieces, **butter** and a little **salt**, and cook slowly until tender. If desired, thicken with **flour** blended with **butter**.

311. **Asparagus and Green Peas**Groups **M F S—P**

Cook together equal parts of young green **peas** and **asparagus**, cut into small pieces. Add **butter** and **salt**, thicken with **flour** blended with **butter**.

312. **Asparagus à la Sanitarium**Groups **M F—St S P**

Cut 2 bunches **asparagus** and 1 bunch **carrots** to uniform sizes. Boil and drain. Cut strips of **bread** same length as **asparagus**. Brown in oven. Arrange **asparagus** and **bread** strips on a round platter. Place a border of **carrots** around it and pour over the following sauce: Blend 3 tablespoons **butter** with 3 of **flour**, add the **water** in which the **asparagus** and **carrots** were cooked; **season**; boil to the right consistency.

313. **Escalloped Asparagus**Groups **M F P—St**

Boil or steam 4 dozen stalks **asparagus** in slightly **salted water** about fifteen minutes. Into a well buttered baking dish put alternate layers of **asparagus**

and coarse **bread crumbs**, finishing with a layer of crumbs. Pour over this 3 **eggs** beaten well with 1 quart of **seasoned milk**. Dust with grated **nutmeg** or **mace**. Put bits of **butter** on top and bake thirty minutes.

314. **Asparagus Tips**

Groups **M St F—P**

Cut off the tips of about 2 dozen stalks of **asparagus**. Put them into a saucepan with enough cold **water** to barely cover, and a little **salt**. Cook until tender and arrange tips on squares or diagonal cuts of **toast** and pour a rich **cream sauce** over them. Serve on a heated platter.

315. **Asparagus on Toast**

Groups **M St F—P**

Cook tender **asparagus** in slightly salted **water**, arrange on **toasted whole grain bread** moistened with some of the water, pour **brown butter** over all, and serve on a heated platter with slices of **lemon**.

316. **Asparagus in Ambush**

Groups **M F—P St**

To a cream sauce made with 1 tablespoon each of **butter** and **flour** and 2 cups **milk**, add 2 well beaten **eggs**. Stir over the fire until it thickens, then add 2 dozen stalks of **asparagus**, cut fine and steamed. **Season** to taste. Cut the tops from 12 large whole grain **biscuits** or **rolls**, scrape out the soft inside part, and put them into the oven to crisp. Fill them with the **asparagus**, replace the tops, and brown quickly in hot oven.

BEANS—GREEN

317. String Beans with Butter

Groups M S—F

Break the pods into small pieces, and cook without cover in slightly salted boiling water, until tender. Add butter and serve.

318. Sweet-Sour Beans

Groups M F—St P S

String green beans, cut into dice and cook in slightly salted water until tender; thicken with flour blended with butter, sweeten to taste, and add lemon juice.

319. Wax Beans

Groups M—F St

String wax beans, cut into strips and cook in water enough to cover until tender; thicken with a little flour blended with butter; season to taste.

320. Wax Beans with Cream Sauce

Groups M—F St

Cut wax beans into inch long pieces, cook until tender in enough water to prevent burning. Make a cream sauce, pour over the beans, and cook five minutes longer.

321. Creamed String Beans

Groups M F—St P

Melt 1 tablespoon of butter in a saucepan and add 2 quarts of string beans cut in inch long pieces. Let

stew about ten minutes, stirring often to prevent burning, then add boiling **water** and cook until tender. When the water is nearly absorbed add 1 cup of rich **cream**, thicken with **flour** blended with **butter**, and **season** to taste.

322. **String Beans and Apples**

Groups **M F**

To 1 quart of string beans, cut into inch long pieces, add 6 tart **apples**, peeled, cored and cut into dice. Cover with cold **water** and cook until tender. Add **butter** and **season** to taste.

Wax beans and **prunes** may be prepared in the same manner.

323. **String Beans with Sour Cream**

Groups **M F—P**

String and break into pieces enough string beans to make 2 quarts. Cover with salted boiling **water** and cook slowly for two or three hours. Season with **butter** or **oil** and $\frac{3}{4}$ of a cup of **thick sour cream**. Let boil up, remove to back of stove and let stand a few minutes before serving.

324. **String Beans and Tomatoes**

Groups **M F—St P S**

String and break into pieces 1 quart of **green beans** and cook in a small quantity of **water** about fifteen minutes; add 6 **tomatoes**, peeled and quartered, a lump of **butter**, a little **sugar**, and **salt** to taste. Let cook until tender and thicken with **flour** blended with **butter**.

325. **String Bean Fricassee**

Groups M F P

String and break 1 pound of beans, cook in slightly salted water thirty minutes, then drain; put 2 tablespoons of butter, 1 of minced parsley and 1 of minced onion into a saucepan; add the beans and stir frequently, adding sufficient vegetable soup stock to keep them moist. When perfectly tender, add the yolk of 1 egg, juice of 1 lemon, and 1 tablespoon of grated cheese. Stir until the sauce begins to thicken, then serve on toast. Do not let the mixture boil or the egg will curdle.

326. **Curry of String Beans**

Groups M F—St P

Sift 1 tablespoon of flour into 3 tablespoons of butter, rub smooth; add 1 cup boiling water, 1 onion chopped fine, and 1 teaspoon curry powder, then add 1 quart of finely cut string beans; cook slowly until tender and serve at once.

327. **Green Beans (German Style)**

Groups M St—F S

String and break into pieces enough string beans to make 1 quart, cover with cold water and cook about fifteen minutes; add 3 potatoes, cut into dice, let cook until tender, adding more water if necessary. Brown 2 tablespoons flour in 1 of butter, add a little sugar, salt, and the juice of 1 lemon; add the beans and let simmer five minutes longer.

328. **Schnittbohnen**Groups **M F—St P**

String **green beans**, shave into fine shreds with a sharp knife, barely cover with cold **water**, and cook until tender; most of the water should be absorbed. Add **milk**, let come to the boiling point and thicken with **flour** blended with **butter**. Season to taste, and add a little chopped **parsley**.

BEANS—DRIED329. **Baked Beans with Tomatoes**Groups **St P M—S**

Soak 1 quart of **navy beans** over night, cover with fresh, cold **water** and cook one hour. Place in a stone crock, add 3 cups **tomatoes**, 2 tablespoons **brown sugar**, 2 teaspoons **onion juice**, season to taste, and place in a slow oven. Cover and bake four or five hours, then remove cover and brown.

330. **Lima Beans**Groups **St P—M**

Wash **lima beans** and let soak over night. Cook in enough **water** to cover until tender; add **butter**, **salt**, and chopped **parsley**.

331. **Navy Beans and Prunes**Groups **St P M—F**

Wash and soak 1 quart of **navy beans** over night. Cook in **water** enough to cover, for about two hours, then add 2 cups **prunes** which have been soaked over night, and stoned. Let cook until tender, season, add the juice of 1 **lemon** and a generous piece of **butter**.

BEETS

332. Baked Beets

Groups S M F—St

Wash young beets very clean. Bake in a moderate oven like potatoes, turning frequently. When done, peel and serve with melted butter.

333. Buttered Beets

Groups S M F—St

Wash and cook beets until tender. Peel, cut in thin slices or chop fine, season and toss in melted butter.

334. Creamed Beets

Groups S M F—St P

Wash young beets, peel, cut in small dice and cook in water to cover until tender. Thicken with flour and butter blended, and season to taste. Add lemon juice if desired.

335. Beets au Gratin

Groups S M St—F P

Scrub 6 medium sized beets thoroughly with a vegetable brush, but do not break the skin. Cover with boiling water and cook until tender. When cool rub off the skin and slice. Take 1 cup of bread crumbs and arrange alternately in a buttered baking dish the sliced beets and bread crumbs, having the bottom layer of crumbs. Heat 2 cups milk with 2 tablespoons butter, pour over beets and bake in a hot oven until nicely browned.

336. **Brussels Sprouts (Rose Kale)**

Groups M F

Pick over the **sprouts**, wash carefully, and cook gently for about fifteen minutes as directed for cabbage below. Serve with melted **butter** or **cream sauce**.

337. **Brussels Sprouts with Rice**

Groups M St F P

Pick over 1 quart of **Brussels sprouts**, cook slowly until tender in a little **water** to which a dessertspoon of **butter** has been added. When ready to take from the fire, add the juice of 1 **lemon**. Put into the center of a heated platter in a border of freshly cooked **rice**. Brown an **onion** in **butter** and pour over the whole.

CABBAGE

Groups M F

For cooking cabbage, have the water slightly salted and actively boiling when ready to toss in the finely chopped cabbage. This stops the boiling. Watch carefully for the **first signs of bubbling** again, and immediately turn down the flame or set the vessel where the contents cannot possibly boil but will simmer gently. **The vessel must not be covered.** The cabbage will gradually settle to the bottom and appear as if not cooking, but will be thoroughly done in about twenty-five minutes if the vegetable is fresh. When done it should be instantly removed from the fire, drained and served with **butter** or **white sauce**. The flavor is in the volatile oil within the cells, and this oil is thrown off into the air if the cabbage is cooked

above the boiling point. Boiling also toughens the woody fiber. If cooked as above there will be no odor and the cabbage will have the same green and white color and the same delicate flavor as before cooking. The water may be used for soup.

338. **Plain Cooked Cabbage**

Groups M F

Cut **cabbage** head into eighths, cook as above until done (about forty-five minutes); drain and serve with melted **butter** or **white sauce**.

339. **Creamed Cabbage**

Groups M F—St P

Chop 1 head of **cabbage** coarsely, and cook ten minutes in slightly **salted water**, then drain. Make a good **white sauce** from two tablespoons each of **flour** and **butter**, and 1 cup each of **milk** and the **water** drained from the cabbage. Season to taste. In a buttered baking dish place alternate layers of cabbage and white sauce; heat thoroughly and brown nicely in the oven.

340. **Curly Cabbage**

Groups M F

Pick the outer leaves from heads of curly **cabbage**, cut into sections, remove tough portion of core, and steam until tender. Place on a heated platter, spread with fresh **butter** or a rich **cream sauce**, and grate a little **nutmeg** over the whole.

341. **Cabbage au Gratin**Groups **M P F—St**

Cook a small **cabbage** and chop rather fine. Prepare 1 scant cup grated **cheese**, $\frac{1}{2}$ cup **bread crumbs** and 2 cups **white sauce**. In bottom of a buttered baking dish put a layer of the cabbage, sprinkle with grated cheese and bread crumbs, cover with white sauce. Repeat until all the ingredients are used; the last layer should be of sauce covered with crumbs. Season to taste with **salt** and **paprika**. Pour over top about 3 tablespoons melted **butter** and brown nicely in the oven.

342. **Smothered Cabbage**Groups **M F**

Cut a small head of **cabbage** fine and put into a pan with melted **butter**, about $\frac{1}{4}$ cup; add $\frac{1}{2}$ cup sweet **milk** and seasoning. Put dots of **butter** on top and simmer until tender.

343. **Sweet-Sour Cabbage**Groups **M—F S**

Cut **cabbage** fine, as for slaw, cook slowly until tender with very little **water**, the juice of 2 **lemons**, a generous piece of **butter**, a pinch of **salt**, and **sugar** to taste. A little **anise seed** may be added if desired.

344. **Savoy Cabbage**Groups **M—F St**

Quarter 1 medium sized **savoy cabbage**; add 1 grated **onion**, cook in very little **water** until tender; drain. Heat 1 large tablespoon of **butter**, sift into this 1 tablespoon **flour**, being careful to prevent lumps; add the

water in which the cabbage was cooked; let come to the boiling point and pour over cabbage. Serve at once.

345. Filled Cabbage

Groups according to filling.

Any suitable filling may be used, such as cooked **rice** and **tomatoes**, or **protose** and **barley**. Take large, perfect **cabbage** leaves, place a spoonful of the filling in the center, roll the leaf loosely, turning in the edges; tie with strong, white thread; steam, or stew in a little **water** to which **butter** has been added. When ready to serve remove the threads.

346. Steamed Cabbage and Protose Loaf

Groups M P F

Cook cabbage in slightly salted water until nearly done; drain in a colander, then pack in a tin can or pail, alternating layers of cabbage and **savory protose**, putting small pieces of **butter** over each layer of cabbage. Steam about one hour and serve with **cream sauce**.

347. Stuffed Cabbage

Groups M P F—St

Mix 1 quart can of **savory protose** with 2 eggs and 1 onion, chopped or grated; add 1 tablespoon each of **flour** and melted **butter**, stir in 1 cup **milk** and season to taste.

Cut a plug from the stem end of a firm head of **cabbage**, hollow out carefully to about three-fourths inch

from the outside, fill with the protose mixture, close the opening with the plug, tie firmly with strong white string, and simmer in slightly **salted water** until tender. Remove string before serving the cabbage. Serve with **butter** or **white sauce**.

348. **Red Cabbage and Apples**

Groups **M—S F**

To 1 head of finely cut red cabbage add 4 medium sized **apples** peeled and cut into quarter sections, the juice of 2 **lemons**, $\frac{1}{2}$ cup **sugar**, a little **salt**, and a generous piece of **butter**. Cook until tender, then thicken with a little **flour** dissolved in **water**.

349. **Red Cabbage in Butter**

Groups **M F—St**

Quarter a large red cabbage, remove the tough part of the core and shred. Place in cold **water** for about thirty minutes; drain; add $\frac{1}{4}$ pound **butter** and let cook slowly about one hour.

350. **Red Cabbage with Mushrooms**

Groups **M P F**

Shred 1 head of red cabbage, steam until tender. Thoroughly clean 1 quart **mushrooms**; cook separately in very little **water** to which **butter** and the juice of 1 **lemon** has been added. Heap the cabbage on a heated platter, put the mushrooms in the center, pour **brown butter** over the whole, and serve.

CARROTS

351. Carrots with Butter

Groups S M F—St

Scrape and slice about 6 medium sized carrots; cook slowly until tender in very little water; drain; add 1 heaping tablespoon of butter; shake the carrots in the butter until it is evenly distributed. Serve in a heated dish.

352. Steamed Carrots

Groups S M F—P

Scrape and cut in half nice medium sized carrots; steam until tender. Serve with melted butter and chopped parsley.

353. Stewed Carrots

Groups S M F—St P

Scrape carrots, cut into pieces, cook with barely enough water to cover, adding a piece of butter. When tender, thicken with flour blended with butter, and add a little sugar.

354. Creamed Carrots

Groups S M F—St P

Scrape carrots, cut into dice, barely cover with water, add butter and a little salt; let cook until tender and the water is absorbed. Add rich milk, let come to boiling point; thicken with flour and butter blended. Minced parsley may be added before serving.

355. **Escalloped Carrots**Groups **S M F—P St**

Boil large **carrots**, peel and slice. Put alternate layers of carrots and **bread crumbs** into a buttered baking dish, finishing with bread crumbs. Pour over enough **milk** to cover, put bits of **butter** on top; bake until thoroughly heated and nicely browned (about forty minutes).

356. **Mashed Carrots**Groups **S M F—P**

Cook **carrots** until tender in **water** enough to prevent burning; mash through a colander, add **butter** and **seasoning** to taste; reheat and serve.

357. **Carrots with Onions**Groups **M S F—St**

Scrape and slice 6 large **carrots** and 2 or 3 **onions**; boil in **water** enough to cover for thirty minutes; drain and return to saucepan; add 2 tablespoons of **butter** blended with 1 tablespoon of **flour**, and enough of the **stock** to make the right consistency. Season to taste, let boil up once or twice, and serve.

358. **Carrots and Parsnips**Groups **S M F—St P**

Scrape and cut into dice equal quantities of **carrots** and **parsnips**, barely cover with **water** and cook until tender. Add **butter** and **seasoning**.

359. Carrots—German Style

Groups S M F St—P

Wash and scrape carrots and cut into dice. Cook in slightly salted water until nearly tender, then add cooked barley (use 1 cup barley to 2 of carrots) and let simmer fifteen minutes longer. Serve with brown butter.

Rice may be used instead of barley. Beets may be prepared in the same manner.

360. Carrots Maître d'Hotel

Groups S M—F P

Scrape a sufficient number of small sized carrots, cut in halves lengthwise and cook in boiling water until tender. Drain; place in a saucepan with 1 tablespoon butter, 1 tablespoon of minced parsley, the juice of 1 lemon, and a dash of paprika; if desired, a little sugar may be added. Toss lightly over the fire until thoroughly heated, pour into a hot dish and serve.

361. Flemish Carrots

Groups M S F—St P

Scrape and slice 3 large carrots, cook until tender and drain. Cut 1 onion into small dice, fry in butter until soft and yellow, add seasoning to taste, stir in 1 teaspoon of flour, being careful to prevent lumps; add the water in which the carrots were cooked and let cook slowly until fairly thick; add the carrots and some chopped parsley, let boil up and serve.

362. **Hungarian Carrots**Groups **S M—F St P**

Scrape and cut 2 large **carrots** in thin slices, then place in a saucepan with 1 tablespoon **brown sugar** and just enough **water** to cover; when tender, thicken with 1 tablespoon **flour** blended with 2 of **butter**; add the juice of 1 **lemon**; let come to a boil.

363. **White and Gold**Groups **M S St—F**

Scrape **carrots**, cut in long strips. Put on to cook and add as many **green onions** (white part only) as you have carrots. Let cook until tender. Make a mound of **mashed potatoes** in a deep dish, arrange carrots and onions around mound. Reheat **water** in which carrots and onions were cooked and thicken with **flour** blended with **butter**. Pour around mound and serve at once.

CAULIFLOWER364. **Cauliflower, Plain, with Butter**Groups **M S—F**

Wash, break the **head** into small flowerets and throw into slightly **salted boiling water**. Watch until the first bubble appears, then turn down the flame or remove the vessel to a part of the stove where the contents cannot possibly boil. Let simmer gently (the cauliflower will gradually settle in the water and appear as if not cooking) until tender but still firm. Do not allow it to become mushy. Remove the cauliflower to a hot dish, put **hot butter** over it and serve. A **cream sauce** may be used instead of the butter.

365. **Creamed Cauliflower**Groups **M S F P—St**

Break **cauliflower** into small pieces, removing leaves and tough part of stalk, steam or cook as in preceding recipe, until tender; drain; brown 1 tablespoon of **flour** with 2 tablespoons of **butter**; add 1 cup of the **water** in which the cauliflower was boiled, and an equal amount of **milk** or **cream**, season to taste and pour over the cauliflower. Serve in a heated dish. If desired, dust a little **mace** over the top.

366. **Escalloped Cauliflower**Groups **M S F—P St**

Break **cauliflower** into suitable pieces, cook as above in slightly **salted water**; drain; place layers of cauliflower in a buttered baking dish, cover with **bread crumbs**, dot with **butter** and grate a thick layer of mild **cheese** over it; repeat until all ingredients are used. Have top layer of **bread crumbs**, cover with **milk** seasoned to suit taste, and bake in a moderate oven.

367. **Cauliflower à la Hollandaise**Groups **M F—S St P**

Remove the leaves and lower part of stalk from a nice, white head of **cauliflower**. Put in cold water, head down, for about an hour, to draw out all insects, then steam until tender. Serve on a heated platter, cover with **sauce Hollandaise** and garnish with sprigs of **parsley**.

368. **Cauliflower Francaise**Groups **M P F—S St**

Steam **cauliflower** until tender, then break into small pieces; put into a buttered baking dish and cover with **cream sauce**; sprinkle thickly with grated **cheese** and bake half an hour.

369. **Cauliflower—German Style**Groups **M S F—St P**

Prepare **cauliflower**, without breaking, place in cold **water** for about an hour; drain. Melt 2 tablespoons **butter**, add 1 tablespoon **flour**, stirring until perfectly smooth, then add 1 quart of rich **milk**, a little **salt**, and 1 tablespoon **sugar**. Put the cauliflower into this sauce and cook in a double boiler until tender.

370. **Cauliflower with Egg Sauce**Groups **M F P—S St**

Steam **cauliflower**. Make a sauce of 3 hard boiled **eggs** chopped fine, 1 small **onion**, grated, 1 tablespoon **butter** and 1 cup **cream**; heat to boiling, **season** to suit taste, add a little **sugar**, if desired, pour over the cauliflower which has been kept warm, and serve at once.

371. **Cauliflower with Parsley**Groups **M S F—St P**

Pick over and break into pieces a nice, white head of **cauliflower**; put into a small kettle with 2 tablespoons melted **butter**, a little **flour**, $\frac{1}{2}$ cup of **water** and a little **parsley**, chopped fine. Cook until tender.

372. Cauliflower with Tomato SauceGroups **M S St—F P**

Break **cauliflower** into suitable pieces, wash carefully, and cook as directed in recipe 364. Cut into pieces about 6 **tomatoes**, stew until tender, rub through a colander; reheat, thicken with **flour** rubbed smooth in a little **water**; season to taste with **salt** and **sugar**; add a good sized piece of **butter**, pour over the cauliflower and serve.

373. Baked CauliflowerGroups **M St F—S P**

Wash and clean **cauliflower** carefully, break into pieces and leave in cold water for an hour to draw out any small insects, then steam until tender. In a buttered baking dish place a layer of cauliflower, then a layer of **bread crumbs**, dotted with bits of **butter**, and so on until the dish is filled, having the top layer of bread crumbs. Pour over 1 cup of **cream**, season, and bake until nicely browned.

CELERY

This vegetable is generally eaten raw as a relish or salad, or cooked in soup. However, it may be prepared in various ways and served as a side dish.

374. Celery StewedGroups **M—F**

Cut the stalks into small pieces and boil gently in slightly salted water until tender. Add **butter** and serve.

375. **Creamed Celery**Groups **M—F** St

Cook as in preceding recipe, empty into hot dish, pour a **cream sauce** over it and serve.

Or, the **celery** may be steamed, and served as directed in this or the preceding recipe.

376. **Celery and Carrots**Groups **M S F—St P**

Cut the **celery** into short pieces and the **carrots** into thin slices; have the same amount of each. Boil the carrots in slightly **salted water** until tender. Cook the celery in another vessel, add the carrots. Thicken with 1 tablespoon **flour** rubbed into **butter**. Add **butter** and **seasoning** to suit taste. Bring to a boil and serve.

377. **Escalloped Celery and Egg**Groups **F St P M—S**

Cook a pint of **celery** cut into dice; make a sauce of 4 tablespoons melted **butter**, 4 of **flour**, 1 cup **celery stock**, 1 cup **milk**, **seasoning**; add the cooked celery, put a layer in a buttered baking dish, sprinkle with hard boiled **eggs**, chopped fine, also a few drops of **lemon juice**; continue with alternate layers until the ingredients are used; cover with **buttered bread crumbs** and bake in a moderate oven.

378. **Celery – Cabbage**

This is a new vegetable, delicious in taste, and very rich in mineral salts, produced by the crossing of celery and cabbage. It may be served shredded with **dressing** as a salad, or cooked like cabbage.

German Celery

German celery has a much larger root than the leafy variety grown in this country.

379. **Stewed German Celery**

Groups **M S F St P**

Pare and wash celery roots, cut into dice and cook in slightly salted water with a good sized piece of butter. When tender, thicken with flour and butter blended.

380. **Mashed German Celery**

Groups **M F—S St P**

Pare and slice celery roots, cook in slightly salted water until tender, mash through a colander, add butter, seasoning, and a little cream. Reheat and serve.

381. **German Celery with Protose**

Groups **M P F—St S**

Pare celery roots, cut into quarter or eighth sections, according to size, cook in a small quantity of water until nearly tender, then add little balls made of savory protose; season to taste, add butter and a little cream; thicken with flour blended with butter.

CORN RECIPES

Young sweet corn is rich in sugar and organic salts. As it ripens the sugar and mineral salts decrease and the starches, protein and fat constituents increase in quantity. The ratings in this section are for young sweet corn.

382. **Corn on the Cob**Groups **S M**—F St P

Strip off husks and silks from ears of **corn**, wash well and boil fifteen minutes in **water** enough to cover; serve with **butter**. If the corn is home grown, the inner husks and part of the stem may be boiled with the corn. This causes it to be more tender and of better flavor.

383. **Stewed Corn**Groups St **S M**—F P

Cut the kernels from about 1 dozen ears of **corn**; put into stew-pan with very little **water** and a piece of **butter**; let cook about twenty minutes, add 1 cup **cream**, cook five minutes longer, and serve.

384. **Baked Corn**Groups **S M**—St F P

Take fresh, tender **sweet corn**, score the kernels with a sharp knife down the rows, and press out the pulp of the grains with the back of the knife; or, cut the tips of the grains with a sharp knife and press out the remainder with the back of the knife. Put into a baking dish with a little **salt** and **butter**, cover with rich **milk** and bake, stirring often at first. When done the mass should not be dry but thick and creamy. If the corn is not perfectly fresh and thus has lost some of its sweetness, a little **brown sugar** or **honey** may be added.

385. **Baked Corn Pudding**Groups **S M F P**

2 cups grated corn, 1 egg lightly beaten, a little melted butter and seasoning; mix with 1 cup rich milk, turn into buttered dish and bake until the egg is set.

386. **Baked Corn, Southern Style**Groups **S F P—M St**

To 1 pint corn add 2 well beaten eggs, 1 heaping tablespoon of flour, a little salt, and 1 sweet pepper, chopped fine. Mix well, put in a buttered baking dish, dot the top with bits of butter, and bake in a moderate oven about thirty minutes.

387. **Corn Pudding**Groups **F P S—St M**

To 2 cups corn cut from the cob, add 2 tablespoons flour, 2 eggs, 1 pint milk, 1 large tablespoon melted butter, sugar and lemon flavoring to suit taste. Beat well together, put in a buttered baking dish, and bake about one hour, or until nicely browned.

This pudding may be steamed in a double boiler. It will take about two hours.

388. **Corn Soufflé**Groups **F S St P—M**

To 1 cup grated corn add 1 tablespoon butter, seasoning to taste, and 2 tablespoons flour; mix to a smooth paste with 1 cup milk, and boil until thick; remove from the fire and when slightly cooled add the

well beaten yolks of 2 eggs; then fold in the stiffly beaten whites of the eggs, pour into a well buttered baking dish and bake half an hour.

389. **Corn Timbales**

Groups **S M F—P St**

To 1 cup grated corn add 2 chopped peppers, a little melted butter, 2 lightly beaten eggs, and seasoning. Turn into timbale molds and steam about twenty to thirty minutes; test with a knife blade as you would custard; serve with cream sauce.

390. **Baked Corn with Tomatoes**

Groups **M S St—F P**

Fill a buttered baking dish with alternate layers of corn, either canned or cut from the cob, tomatoes, peeled and sliced, bread crumbs, a sprinkling of salt, and bits of butter. Let the top layer be bread crumbs dotted with butter. Bake three-quarters of an hour.

391. **Curry of Corn**

Groups **M S F P—St**

Into a saucepan put 2 tablespoons butter and a little salt; add 2 apples, chopped fine, and 1 small grated onion; let simmer until slightly browned, stir in 1 tablespoon of curry powder, add $\frac{1}{2}$ sweet green pepper, 2 tomatoes, chopped fine, and $\frac{1}{2}$ cup chopped walnuts. Let simmer together for ten minutes, then add 2 cups corn cut from the cob; cover, and cook slowly for twenty minutes. If too thick add a little water.

392. Escalloped Corn

Groups St S F M P

Grease the bottom and sides of a baking dish; put in a layer of cracker crumbs, then a layer of corn cut from the cob; sprinkle with sugar, salt, and dot liberally with butter; alternate with cracker crumbs and corn until the dish is nearly filled, having the top layer of crumbs; pour over all 1 cup rich milk. Cover and bake in a moderate oven.

393. Corn Fritters

Groups F St P S M

Grate raw corn from the cobs. To each cup add 1 beaten egg, 2 tablespoons flour, salt, and a little milk. Drop from a spoon onto a buttered or oiled pan and bake.

394. Corn Oysters

Groups F P S St M

Grate the corn from about 10 large ears (raw). Add to it 1 cup cracker crumbs, the beaten whites of 5 eggs, juice of 1 lemon, seasoning to taste. Shape with two spoons to resemble large oysters, place in buttered or oiled pan and bake until brown. Serve with slices of lemon.

395. Corn Chowder

Groups St S—M F P

Fry 1 onion in butter until soft and yellow, add 3 potatoes which have been cut into dice and cooked in slightly salted water until nearly tender (do not drain water off), add 2 cups corn, seasoning, and last, 1 quart

of hot **milk**. Cook together over a slow fire for ten minutes.

396. **Fresh Succotash**

Groups **St P S—F P**

4 ears of **corn**, 1 pint fresh **lima beans**; cut corn from the ears, add to the cooked beans, then cook five minutes longer; add 1 cup boiling **milk**; season with **butter**.

CUCUMBERS

Cucumbers are low in protein and starches, contain some sugar (2%) and are rich in the five positive mineral salts. They are most valuable eaten raw.

397. **Stewed Cucumbers**

Groups **M F St—P S**

Pare **cucumbers**, cut into large dice, cook slowly about twenty minutes, adding a very little **water**. **Season** to taste, add **butter**, and if an acid taste is preferred, **lemon juice**. Serve in a heated dish covered with toasted **bread crumbs**.

The lemon juice must be added at the last, after the cucumbers are done. If the cucumbers are cooked with the acid they will become tough.

398. **Cucumbers on Toast**

Groups **M St—F P S**

Select medium sized **cucumbers**, pare, cut into halves, then lengthwise into eighths. Put them in a pan, cover with boiling **water**, add **salt** to taste, cook over a slow fire about twenty minutes; lift carefully with a skim-

mer, arrange neatly on toasted whole wheat bread cut into triangular or diamond shapes; serve at once with drawn butter, or use for sauce the water in which the cucumbers were cooked.

399. **Escalloped Cucumbers**

Groups **M St—F P S**

Pare and cut in thin slices 2 large cucumbers. In a buttered baking dish put alternate layers of cucumbers and bread crumbs. Dot each layer of bread crumbs with bits of butter and sprinkle with a little salt. Moisten well with water; if an acid taste is preferred, add lemon juice to taste. Bake forty-five minutes in a moderate oven.

EGGPLANT

Eggplant is a valuable vegetable and well balanced food. It is rich in starch, sugar and protein as well as in the positive mineral salts.

400. **Baked Eggplant (1)**

Groups **St S M—P F**

Cut the eggplant into slices about one-third of an inch thick; pare, wash and drain. Place in layers in a buttered baking dish, dusting each layer lightly with salt; when the dish is full, pour in enough milk to cover slices. Bake in a moderate oven until the milk has been absorbed and the eggplant is tender.

401. **Baked Eggplant (2)**

Groups **St S M F P**

Peel 2 eggplants, cook about fifteen minutes; run through the coarse vegetable grinder; add 2 eggs, 1

cup **cracker crumbs**, and **seasoning** to taste; mix well, and put into a buttered pan about three inches deep; pour 1 cup of **milk** over the mixture; bake half an hour.

402. **Escalloped Eggplant**

Groups St S M F P

Peel and steam an **eggplant**; chop fine. Put a thick layer in the bottom of a buttered baking dish, cover with **bread crumbs**. Repeat. Beat 2 **eggs** into 1 quart of **milk**, season and pour over eggplant. Bake forty minutes.

403. **Stuffed Eggplant**

Groups F P St S M

Cut 4 small **eggplants** in halves, crosswise. Cook in slightly **salted water**. When tender, drain, scrape out pulp, and chop fine; mix with $\frac{1}{2}$ cup **tomato pulp**, $\frac{1}{2}$ cup **bread crumbs** and $\frac{1}{2}$ cup **chopped nuts**. Season, add melted **butter** and fill **eggplant shells**. Sprinkle with **chopped onions** and bake about twenty minutes. When ready to serve, place a **poached egg** on each half.

404. **Stuffed Eggplant with Nut Sauce**

Groups St S F P M

Boil **eggplant** (entire) for fifteen minutes, then cut in two. When cool enough to handle scoop out the pulp, being careful not to break the skin. Mash the **pulp**, season, and add 2 tablespoons melted **butter**, 1 cup **grated bread crumbs**, 1 well beaten **egg**, 1 teaspoon of **onion juice** and a little **salt**. Mix well, fill the **shells** and bake until browned on top.

For the Nut Sauce, add finely chopped **English walnuts** or **pecans** to **white sauce** or any other suitable sauce.

405. **Eggplant Fritters**

Groups **St F P S M**

Pare an **eggplant** and cut into dice, boil until soft; drain; add 2 well beaten **eggs** and 2 slices of **bread**, previously soaked in **milk**. Season to suit taste. Drop large spoonfuls on a buttered pan and bake.

406. **Eggplant with Mushrooms**

Groups **P St S F M**

Cook 1 pint of **mushrooms** and 1 **eggplant** until tender; put a layer of mushrooms into a baking dish, then a layer of eggplant, and so on until the dish is filled; pour over this a rich **cream sauce**; cover with **bread crumbs**, and bake in a moderate oven.

407. **Eggplant Oysters**

Groups **St S F P M**

2 parts **eggplant**, cooked and pounded into paste, 1 part soft **bread crumbs**; add salt and 1 tablespoon melted **butter**. Form into oyster shaped cakes with two spoons; dip in beaten **egg** and **bread crumbs**, place on buttered pans and bake brown. Serve with slices of **lemon**.

408. **Eggplant Surprise**

Groups **St F P S M**

Scoop the pulp from a large **eggplant** cut in half. Place both **pulp** and **shell** in salted water for twenty

minutes. Drain both; chop the pulp rather fine, mix with $\frac{1}{2}$ cup each of **cracker crumbs** and chopped **nuts**, **seasoning**, and 2 tablespoons thick **cream**. In a skillet heat $\frac{1}{2}$ cup of **olive oil**, place the eggplant mixture into it and let cook about five minutes, then fill the shells, which have been lined with fine **bread crumbs**. Bake in a moderate oven. When ready to serve put a tablespoon of **unsweetened whipped cream** on top of each.

KALE

409. **Scotch Kale**

Groups **M F**

Pick **Scotch kale** leaves off the stems, rinse well in several waters, and cook gently in slightly **salted water** until tender. Chop fine, add **butter** and **salt** to taste and serve.

Kale may be prepared in the same manner as spinach but requires longer cooking.

410. **Scotch Kale with Onions**

Groups **M F**

Pick over and wash well 1 peck of **Scotch kale**; let stand in ice box over night or out of doors where it may freeze. Put a generous piece of **butter** in the kettle with about 1 quart **water**; add the kale and 2 or 3 **onions**, cut into dice. Let cook slowly until tender, or about three hours, when all the water should be absorbed. Add 1 cup **cream** and let cook twenty minutes, add **salt**, and, if desired, a little **sugar**. Chop fine, place on a heated platter and garnish with **onion rings**.

411. **Chinese Kale**

Group M

This is a comparatively new vegetable in the market. It is very nice raw, used as a salad with **French dressing**, or it may be prepared like Swiss chard, spinach or cabbage.

412. **LENTILS**

Groups St P—F M

Pick over and wash very carefully; soak over night in as much water as they will absorb. Add more water and boil slowly until tender—about two or three hours. Season with **salt** and **butter** or **oil**. See also under **Roasts**.

413. **ENGLISH VEGETABLE MARROW**

Prepare like squash and pumpkin. This is another splendid new vegetable produced by the crossing of several members of the melon family. It combines the best qualities of squash and cucumber.

MUSHROOMS

Mushrooms should be classed under Group IV, Proteids. They contain a great deal of protein matter, on an average of from 9 percent to 12 percent, small quantities of carbohydrates and negligible amounts of mineral matter.

414. **Stewed Mushrooms**

Groups P F St

Into 2 tablespoons of melted **butter** sift 1 tablespoon **flour**, let cook together until smooth, stirring all the

time, then add 1 pint of rich **milk** or **cream**. When it boils up, add 2 cups **mushrooms**, stew until tender, **season**. Serve on squares of **toast**, garnished with **parsley**.

415. **Mushrooms on Toast**

Groups P F St

Trim 2 quarts **mushrooms** and rub clean with a piece of white flannel dipped in salt. Melt about $\frac{1}{4}$ pound **butter**, add mushrooms, season to taste with **salt** and **paprika**, add a little hot **water** or **milk** and let simmer gently for fifteen minutes; thicken with **flour** and **butter** blended. Just before serving add 1 pint **cream**, let boil up and serve on **toast**.

416. **Escalloped Mushrooms**

Groups P F St

Wash and clean 1 quart of nice large **mushrooms**; fill a buttered baking dish with alternate layers of mushrooms and **bread crumbs**. Take 4 **eggs**, beat well with 1 quart of rich **milk**; season with **salt** and a few **bay leaves**; pour over mushrooms; dot with bits of **butter** and bake about forty minutes.

417. **Hashed Mushrooms**

Groups P F—St M

Chop 1 quart of **mushrooms** rather fine, stew in **butter** with 1 tablespoon minced **onions** or **olives** until slightly browned, add $\frac{1}{2}$ cup **bread crumbs**, $\frac{1}{2}$ cup **sour cream** and seasoning. Cook ten minutes longer, and serve garnished with **parsley**.

418.

Spanish Mushrooms

Groups P F—St S

Wash and clean 1 pound of **mushrooms**, put into a pan with 2 ounces **butter**, a sprinkling of **flour**, and **seasoning**; cook about ten minutes and moisten with **vegetable soup-stock**. Just before serving add 1 cup **green peas** and a little **nutmeg**. Serve with **cream sauce**, with a few **nuts** sprinkled on top.

419.

Mushrooms with Spinach

Groups M P F—St

Wash thoroughly 1 peck of **spinach**; boil ten minutes; drain and chop very fine; put into an earthen cooking vessel with 1 tablespoon **butter**, a little **salt**, and the juice of $\frac{1}{2}$ **lemon**; let simmer fifteen minutes; when cool add the well beaten yolks of 2 **eggs**; turn into a buttered mould, leaving a well in the center, and cook slowly over boiling water. When ready to serve, fill the well with stewed **mushrooms** (recipe 414). Serve with **croutons**.

ONIONS

420.

Baked Onions

Groups M F

Parboil **Spanish onions** fifteen minutes, then cut a funnel-shaped piece from the center and put a little **butter** in the cavity. Put into a baking pan with a lump of **butter** and a little **water**; bake from twenty to thirty minutes, according to size.

421. **Boiled Onions**Groups **M F**

Select medium sized **onions**, remove the dry outer skin, wash, put into **boiling salted water** and let simmer gently, uncovered, until tender. Add **butter** and serve.

422. **Creamed Onions**Groups **M F**

Cook as in preceding recipe, or steam, medium sized **onions** until tender; make a good **white sauce**, pour over the onions which have been drained, and serve. A **ripe olive** may be pressed into the top of each onion if desired.

423. **Escalloped Onions**Groups **M St F—P**

Wash and slice **Bermuda onions**, cook in a small quantity of **water** until tender. Put into a buttered baking dish alternate layers of onions and **bread crumbs**, dotting each layer of crumbs with bits of **butter**; have the top layer of crumbs. Cover with rich **milk** and bake twenty to thirty minutes.

424. **Escalloped Onion and Tomato**Groups **M F St**

Peel and cut large **onions** into thin slices, parboil in **salted water**; drain, and put in buttered baking dish with successive layers of sliced **tomatoes**, fine **bread crumbs** and **green peppers**, chopped fine; dot with **butter** and sprinkle with **salt**; have the last layer of bread crumbs; bake in a moderate oven.

425.

Filled OnionsGroups **M P F**

Steam 8 large **onions** until tender; remove center of each; fill with mixture of **protose**, chopped onion centers, a little **parsley**, $\frac{1}{4}$ cup **butter** and **seasoning**, well mixed. Place in buttered baking dish, pour a little **milk** around, sprinkle with **bread crumbs**, and bake half an hour.

426.

Green OnionsGroups **M F**

Green onions may be prepared like asparagus. They are wholesome and delicious. If strong, they may be parboiled and the water utilized for soups or gravies.

427.

Onion NestsGroups **M F P St**

Slice **onions**, stew slowly until tender in a small quantity of water, thicken with **flour** blended with **butter**, and **season** to taste. Fill cases made from squares of whole grain bread hollowed out and toasted in oven, sprinkle with equal parts sifted **bread crumbs** and finely chopped **nuts**, put bits of **butter** on top, and brown in a hot oven. Form small balls of grated **cheese** seasoned with a little **red pepper**, and press one of the balls into the center of each "nest".

428.

Onions with SauceGroups **M F P—St**

Boil **Bermuda onions** in salted water; when tender cover with a sauce made by cooking 2 tablespoons of **butter** with 2 of **flour**, adding enough of the **onion**

stock to make the right consistency, also the juice of 1 **lemon** and a little grated **nutmeg**; when cooked, remove from the fire, add 2 well beaten **eggs**, pour over the onions, and serve on **toast**.

429. **Baked Onion Rings**

Groups M F St P

Slice and peel **Spanish onions** (not too thin), cover with **sweet milk** and let stand ten minutes; remove rings from the milk with a fork; drop on well buttered pans, putting bits of **butter** over the top and brown in a hot oven.

430. **Onions, Southern Style**

Groups P M—St F

Break contents of a can of **savory protose** into suitable pieces with a fork, add 4 large **onions** which have been peeled and sliced, 1 cup **tomatoes** cut into dice, 1 cup washed **rice** and a lump of **butter**; add a little **water**, cover, and let cook slowly until rice is soft.

431. **Stuffed Onions**

Groups M St F—P

Cut a plug from the center of **Bermuda onions**, leaving a cup-like cavity. Fill this with **bread crumbs** which have been browned in the oven, a little chopped **parsley** or shredded **pimiento**, and a few chopped **nuts**. Dust lightly with **salt**, place in a deep baking dish and bake about forty minutes, basting frequently with equal parts hot **water** and melted **butter**.

432. **Stuffed Spanish Onions**

Groups M St F

Peel 6 good sized **Spanish** onions, remove the center of each onion and chop fine with 1 **green pepper**; add 1 teaspoon **salt**, a little melted **butter**, and 1 cup boiled **rice**; fill the onion shells with this mixture, sprinkle with **paprika**, set in a baking pan, add 1 cup **vegetable stock**, and bake in the oven until tender.

PARSNIPS433. **Stewed Parsnips**

Groups St S M F

Wash and scrape **parsnips**, cut into inch long pieces, stew in **water** enough to cover until tender, add **butter**, seasoning, and a little **cream**.

434. **Baked Parsnips**

Groups St S M F

Scrape and wash **parsnips**, cut in halves lengthwise, parboil in just enough slightly salted **water** to cover. When partly done remove to a buttered or oiled baking dish, pour over part of the water in which they were stewed, sprinkle over the top some fine **whole grain bread** or **cracker crumbs** and dot with bits of **butter**. Bake until done, basting with some of the water in which the **parsnips** have been parboiled. Let brown on top before removing from the oven.

435. **Escalloped Parsnips**

Groups St M—S F P

Peel and steam **parsnips** until tender; slice; put alternate layers of **parsnips** and **bread crumbs** in a well

buttered baking dish, dot with bits of **butter**, having the top layer of crumbs; cover with **milk** and bake about forty minutes.

436. **Parsnip Balls**

Groups **St S F P M**

Boil 6 **parsnips** in slightly salted **water** until tender; mash and **season** to taste; add $\frac{1}{2}$ cup **cream**, 2 table-spoons melted **butter**, the whites of 2 **eggs** beaten lightly, and $\frac{1}{2}$ cup sifted **cracker crumbs**. Form into small balls with butter paddles and brown in oven.

To give the appearance of potatoes boiled in their jackets, make a gash in each ball, sprinkle with chopped **parsley** and serve with **tomato sauce**.

437. **Fricassee of Parsnips**

Groups **St S M—F P**

Scrape 6 medium sized **parsnips**, remove the fibrous center, cut into large dice, cook in **milk** in a double boiler until nearly tender. Add a dessertspoon of **butter**, **seasoning** to taste, thicken with **flour** rubbed smooth in a little **milk**, and let simmer about twenty minutes longer. Sprinkle shredded **pimientos** or green sweet **peppers** over the top before serving.

GREEN PEAS

438. **Green Peas, Plain**

Groups **S M F—St P**

Shell fresh **peas**, add just enough **water** to cover, cook until tender, but no longer than necessary; add **butter** and **seasoning** to suit taste.

439. **Creamed Green Peas**Groups **S M F—St P**

Cook 1 quart shelled **green peas** in a small quantity of **water** until nearly tender; add 1 cup **cream** and **seasoning** to taste. Let simmer until tender; thicken with a little **flour** dissolved in **milk**.

440. **Green Peas Pie**Groups **M S St F—P**

Cook slowly together 1 quart shelled **green peas** and about 10 **green onions** cut fine, in **water** enough to cover, to which a generous lump of **butter** has been added. Line a buttered baking dish with mashed **potatoes** (about $\frac{3}{4}$ inch deep) **seasoned** to taste, put in **peas** and **onions**, cover with another layer of **potatoes**, brush melted **butter** over the top, and heat in fairly hot oven until nicely browned.

441. **Peas in Potato Cups**Groups **St M F—P**

For 4 persons boil, mash and season 6 medium sized **potatoes**. Divide into quarters, form into balls and indent with the large end of an egg, washed and oiled. Brown lightly and fill with freshly cooked or canned **peas** which have been heated and seasoned with **butter** and **salt**.

442. **Green Peas à l'Allemande**Groups **M S F—St P**

Cook slowly for about half an hour 1 quart shelled **green peas**, 1 sweet **pepper**, 1 head **lettuce** chopped fine,

1 onion, butter the size of an egg, a little salt, 1 teaspoon brown sugar, and a little grated nutmeg. Instead of water use a small quantity of good vegetable consommé. When ready to serve, remove the onion and thicken with 1 teaspoon each of flour and butter.

443. Green Peas à la Francaise

Groups S St F—M P

Drain the water from 1 quart freshly cooked green peas. Add a white sauce made with 2 tablespoons butter, 1 of flour, and 1 cup cream. Add a level teaspoon sugar, and let simmer about ten minutes. Serve in a border of small roasted potatoes and sprinkle with minced parsley.

444. Peas and Carrots (German Style)

Groups S M F—St P

Cook equal quantities of fresh green peas and young carrots. Thicken with flour and butter, add a little sugar, and season to taste. Heat thoroughly, stir in a little finely chopped parsley and serve at once.

445. Green Peas Timbales

Groups S F P M—St

Mash 1 quart of green peas through a colander; to this purée add 2 eggs, 2 tablespoons melted butter, 1 or 2 teaspoons onion juice, according to taste, and seasoning. Mix well, fill buttered timbale molds, and bake until nicely browned.

446. **Peas and Potatoes**

Groups St S M F—P

Pare and cut into dice 4 good sized potatoes, cover with water and let cook ten minutes. Add 1 quart shelled green peas and cook until tender; add butter and seasoning. Thicken with 1 heaping teaspoon flour rubbed smooth in a little cold water. Let boil up a few times. Before serving add 2 tablespoons whipped cream, if desired.

447. **Peas on Toast**

Groups S M F—St P

Reheat about 2 cups cooked peas in a sauce made with 2 tablespoons butter, 1 tablespoon flour, 1 of sugar, the juice of 1 lemon and 1 cup water. Serve on squares of hot buttered toast, sprinkled with minced parsley.

GREEN PEPPERS448. **Filled Green Peppers, Boiled**

Groups M St P F

Cut the tops from large green sweet peppers, scoop out the seeds, scald in hot water ten minutes; drain and fill with equal parts cold boiled rice, young green peas, and tomatoes cut into dice, mixed together and seasoned to taste. Replace the tops, set on end in a saucepan in water about one inch deep to which a lump of butter has been added; cover closely and let steam until tender, about thirty minutes, adding more water if necessary. Serve with tomato sauce.

449. **Cheese and Green Peppers**

Groups M F P—St

Cut a small piece from the top of 6 large **sweet peppers**, scoop out the seeds with a sharp-edged spoon, put in cold **water** for about half an hour; drain and wipe dry. For the filling, mix 1 cup boiled **rice**, $\frac{1}{2}$ cup each grated **cheese** and chopped **nuts**, **salt** to taste. Fill the **peppers** and place on end in a well buttered baking dish, and bake in a moderate oven about thirty minutes. Baste occasionally with equal parts melted **butter** and hot **water**.

450. **Green Peppers with Protose**

Groups M St P

Prepare **peppers** as directed in recipe 448. Fill with a mixture of cold boiled **rice** and **savory protose**, moistened with **vegetable stock**. Set on end in a deep baking dish, add 1 pint good **stock**, cover and bake until tender, or about twenty-five minutes, then remove cover and let brown.

451. **Stuffed Green Peppers**

Groups P F St—M

3 cups bread crumbs, 1 can **savory protose**, $\frac{1}{2}$ cup **mushrooms** and 1 **Spanish onion**, chopped fine, 3 **eggs**, 1 cup **cream**, a little minced **parsley**, 2 tablespoons melted **butter**, **seasoning** to taste; mix well, fill **peppers**, place in buttered baking dish, half fill pan with **water**, dot with **butter**, and bake forty minutes.

452. **Peppers à la Creole**

Groups M St F—P

Remove seeds and veins from 6 green peppers; boil fifteen minutes, then chop fine; cover the bottom of a buttered baking dish with a layer of bread crumbs, then a layer of sliced tomatoes, and sprinkle with finely chopped nuts and a little salt, then a layer of green peppers, and so on until the dish is filled; pour over this 1 cup hot water, dot with butter, and bake half an hour.

453. **Victoria Peppers**

Groups M F P—S

Remove the seeds and veins from peppers, cut in strips and cover with cold water; bring to the boiling point and boil ten minutes; drain; to 6 peppers add 1 chopped onion, 1 cup boiled green peas, 1 cup celery cut fine, 3 tomatoes sliced, salt, 3 tablespoons Parmesan cheese and 3 of melted butter; mix all together, then put into a buttered pan, cover with bread crumbs, pour half a cup of water over, dot with butter, and bake.

POTATOES

For a description of the qualities of potatoes see under **Roots and Tubers**, page 487, Part II.

454. **Baked Potatoes**

Groups St M—P

This is the best of all methods for preparing potatoes. Select potatoes of an even size, scrub well with a vegetable brush, wipe dry and put in a fairly hot oven. Bake until they are soft to the touch.

If the potatoes are not to be served at once, take each in a cloth, carefully press and work with the hands and put back in the oven to keep hot. If handled in this manner without breaking the skins, the potatoes will keep fresh and mealy for half an hour to an hour after they are done.

455. **Potatoes Boiled in Their Jackets**

Groups St M—P

Select **potatoes** of uniform size, wash well and remove eyes. Cover with boiling **water** and boil until soft, adding **salt** when nearly done. Drain, remove the lid, place on a warm part of the stove to absorb the moisture, and shake a few times.

456. **Boiled Potatoes**

Groups St M—P

Peel and wash **potatoes**, cut in suitable pieces, cover with boiling **water** and let boil until soft, from twenty-five to thirty-five minutes. When nearly done, add **salt**. Pour off the water, shake over the fire until the excess moisture is absorbed, cover with a cloth and put on the back of the stove to keep hot.

Save the water for soup.

457. **Boiled New Potatoes**

Groups St M—P

If the potato skin is tender, it may be scraped off with a knife or stiff brush. Cover **potatoes** with boiling **water** and let boil rapidly until done (about twenty minutes), adding **salt** when nearly done. Drain, add butter and chopped **parsley**, and shake over the fire for a few minutes.

458. **Parsley Potatoes**

Groups St M—F P

Put a layer of sliced raw **potatoes** into a flat bottomed stew-pan, sprinkle with chopped **parsley**, dot with **butter**. Add another layer of **potatoes** and **parsley**, and so on until the dish is filled. Cover the bottom of pan with **water**, add a little **butter**, cover closely and let simmer until the potatoes are soft (about thirty minutes).

459. **Creamed Potatoes**

Groups St M F

Boil small **potatoes** in their jackets and peel while hot. Pour hot **milk**, thickened with **flour**, over the potatoes. Season to taste, add **butter**, sprinkle with minced **parsley**, and let cook a few minutes.

460. **Mashed Potatoes**

Groups St F M—P

Pare and wash **potatoes**, cut in pieces, pour boiling **water** over and let boil rapidly until tender, adding **salt** toward the last. Drain, mash, add **butter** and a little hot **milk**. Beat until light, and reheat in the oven for a few minutes, or place over boiling water.

461. **Browned Potatoes**

Groups St M F—P

Select small **potatoes**, pare, cook in slightly **salted water** until done, drain, place in buttered or oiled pan, with bits of **butter** over tops and brown in oven.

462. **Roasted Potatoes**

Groups St M—F

Peel large **potatoes**, cut in halves lengthwise, place in baking pan with some **butter**, dust with **salt** and roast in the oven until tender and nicely browned.

463. **Escalloped Potatoes**

Groups St F—M P S

Slice raw **potatoes** rather thin. Put a layer into a buttered baking dish, sprinkle lightly with **salt**, a little **flour**, and, if desired, with finely minced **onions**. Add another layer of potatoes and proceed as before, dotting each layer with bits of **butter**. When the dish is nearly filled, add hot **milk** to almost cover potatoes, and bake one hour.

464. **Baked Cream Potatoes**

Groups St M—F P

Peel **potatoes** which have been boiled in their jackets, chop fine, **salt** lightly and mix with barely enough **thick sweet cream** to cover. Bake until brown and serve in the dish in which they have been cooked. Finely minced **onion** may be mixed with the potatoes if desired.

465. **Baked Savory Potatoes**

Groups St M—F P

6 large **potatoes**, 2 large **onions**, 2 teaspoons **sage**, 1 ounce **bread crumbs**, 2 ounces **butter substitute** and $\frac{1}{2}$ teaspoon **salt**. Peel the potatoes and cut them lengthwise into slices about $\frac{1}{2}$ inch thick; place these slices in a baking tin or dish which has been well greased

with $1\frac{1}{2}$ ounces butter substitute. Peel the onions and boil for fifteen minutes in salted water, and the sage tied in a piece of muslin for the last five minutes. Chop the onions and sage and mix with bread crumbs, salt and $\frac{1}{2}$ ounce butter or oil. Spread the mixture thickly over the sliced potatoes and bake for one hour.

466. **Lyonnaisse Potatoes**

Groups St F M—P

Boil 6 potatoes in their jackets, peel while hot, and cut into dice. Heat 1 onion, chopped fine, in butter until it turns yellow. Add the potatoes and cook in the oven about ten minutes, stirring well. They should not brown. Add seasoning and serve hot.

467. **Potato Hash**

Groups St M—P F

Chop cold boiled potatoes, dust with salt and minced onion, pour over 1 cup rich milk, cover closely, and let cook until the potatoes are thoroughly heated, shaking occasionally.

468. **Potatoes on the Half Shell**

Groups St F—P M

Bake potatoes of uniform size, cut in halves lengthwise, scoop out inside, mash with butter, milk or cream, and salt to taste. Beat until very light, fold in the stiffly beaten whites of 2 or 3 eggs and put back into the shells. Heat and brown on top under the broiler or in a hot oven. Just before serving put a small piece of butter on each half. Garnish with sprigs of parsley.

469. **Mashed Potato Balls**

Groups St F—P M

Mix well 2 cups **mashed potatoes**, 1 **egg**, $\frac{1}{2}$ cup **milk**, $\frac{1}{2}$ cup **flour**, and **seasoning**. Form into balls and brown in oven.

470. **Potato Muffins (à la Herzog)**

Groups St P—M

Put mashed **potatoes**, **seasoned** to taste, into buttered muffin pans. Cover with white of **egg**, beaten stiff; heat in oven, let brown on top, and serve hot.

471. **Potato Puff**

Groups St F P—S M

To 3 cups hot mashed **potatoes** add 1 scant cup of hot **milk** and the beaten yolks of 2 **eggs**; **season** to taste, add a teaspoon of chopped **parsley**, beat until very light, then fold in the stiffly beaten whites of the eggs; turn into a buttered baking dish and bake in moderate oven until the puff has risen and become brown.

Sweet potato puff may be made in the same manner.

472. **Potato, Southern Style**

Groups M St F—P

Peel and slice nice, firm **potatoes** and **Spanish onions**; place alternate layers of potatoes and onions in buttered baking dish. Sprinkle **salt** over each layer and dot with **butter**. To 6 potatoes add about $\frac{1}{2}$ cup **water**. Cover tightly and let simmer until tender.

473. **Smothered Potatoes**

Groups St F P—M S

Pare and slice 6 large potatoes, put them in a buttered baking dish, and pour over a white sauce made from 1 tablespoon each of flour and butter, 1 pint of milk and seasoning to taste. Cover closely and bake forty minutes; then remove cover, spread 2 well beaten eggs over contents of pan, and let bake twenty minutes longer. Onions may be added if desired.

474. **Potatoes au Gratin**

Groups St F P M—S

Peel and cut into cubes potatoes that have been boiled in their jackets. Put a layer of potatoes into a buttered baking dish, sprinkle lightly with salt, grate cheese over, and dot with bits of butter. Add alternate layers of potatoes and cheese until the dish is nearly full. Cover the top with bread crumbs and fill the dish with milk to barely cover the contents. Bake about thirty minutes, and let brown nicely.

475. **Potatoes and Apples**

Groups M St F—S P

Peel and cut into slices 6 medium sized potatoes, cover with boiling water, and let cook ten minutes, then add an equal amount of apples, peeled, cored and cut in pieces. Let boil until soft, mash through a colander, add salt and a generous piece of butter; beat well, reheat, and serve with brown butter.

SWEET POTATOES

476. Baked Sweet Potatoes

Groups S St M—P

Follow directions for baked potatoes, recipe 454.

477. Boiled Sweet Potatoes

Groups S St M—P

Wash well, pour boiling water over and let boil rapidly until tender. Drain, peel, and set in the oven for a minute or two to remove excess moisture.

478. Mashed Sweet Potatoes

Groups S St F—M P

Boil sweet potatoes until tender, peel while hot, mash, season with butter and salt, add a little cream or milk, and reheat by placing in the oven, or set into a dish of boiling water.

479. Stuffed Sweet Potatoes

Groups S St F—P M

Wash thoroughly sweet potatoes of uniform size, and bake until tender, taking care not to break the skin. Split lengthwise, remove contents carefully, mash with butter and seasoning (add chopped nuts, if desired), refill the skins, and set in the oven until thoroughly heated and nicely browned.

480. Sweet Potatoes, Southern Style

Groups S St—F P M

Cook the potatoes in their skins until tender; cut into rather thick slices and lay in a greased baking

dish; sprinkle **butter** and **sugar** between the layers, bake half an hour in a moderate oven, and serve in the same dish in which they were baked.

481. **Sweet Potatoes in Syrup**

Groups **S St F—P M**

Boil **sweet potatoes** until nearly tender, then drain, saving about a cup of the **water**. Peel the potatoes, put back ten minutes longer, or until tender, take out with a skimmer, and put into a baking pan with 1 tablespoon **butter**. Pour **maple syrup** over them, adding a little extract of **vanilla**, and brown quickly in the oven.

482. **Browned Sweet Potatoes**

Groups **S St M—P**

Boil **sweet potatoes** until they can be pierced with a fork, but do not let them get too soft. Drain, peel, sprinkle lightly with **sugar**, roll in melted **butter**, and brown in the oven.

483. **Sweet Potatoes à la Creole**

Groups **S St F P—M**

Peel large **sweet potatoes** and cut in pieces lengthwise; put into a buttered baking dish and cover with **milk**; add a pinch of **salt** and dot with **butter**; wet $\frac{1}{2}$ cup **bread crumbs** with 2 **eggs** lightly beaten; cover the potatoes with this and bake in a moderate oven.

484. **Sweet Potato Muffins**Groups **S St F P—M**

Mix well $\frac{2}{3}$ cup mashed sweet potatoes, 2 well beaten eggs, and 3 tablespoons sugar; add to this 1 cup milk, 2 cups flour, salt, and 1 scant tablespoon melted butter. Beat well, and bake in buttered muffin pans in a moderate oven about twenty minutes.

Chopped nuts and raisins may be added.

485. **RUTABAGA**

Cook and serve same as turnips. See recipes 535 to 540.

SALSIFY (OYSTER PLANT)486. **Salsify Stew**Groups **M S St F P**

Boil salsify until tender, then peel and cut into small strips; make a cream sauce, add the salsify, season, and let come to a boil.

487. **Deviled Salsify**Groups **St S M F—P**

Scrape and cut 3 bunches of salsify in long strips; cook in slightly salted water; make a sauce of 4 tablespoons melted butter and 4 of flour, and salsify stock to make the right consistency; put a layer of salsify in a buttered baking dish, sprinkle with onion and sweet peppers chopped fine, salt, and bits of butter; then pour in the sauce, cover with bread crumbs, and bake about thirty minutes; serve with sections of lemon.

488. **Potted Salsify**

Groups St S M F—P

Scrape and cook salsify, drain and chop fine, season with salt and tomato sauce. Line buttered molds with boiled rice; fill with salsify mixture, add a few tablespoons cream, dot with butter, and bake from twenty to thirty minutes.

489. **Escalloped Salsify**

Groups St F P S—M

Peel and cook salsify; put into a buttered baking dish first a layer of salsify, cover with bread crumbs, then another layer of salsify and crumbs until the dish is filled. Beat 3 eggs with 1 quart of milk; season, pour over salsify, dot with butter, and bake.

490. **Salsify Soufflé**

Groups St F P M—S

Melt 2 tablespoons butter, add 2 of flour, and 2 cups milk; cook five minutes; then add $\frac{1}{2}$ cup mushrooms, 2 cups salsify peeled and cut in small pieces, the yolks of 2 eggs, seasoning, a little chopped parsley, juice of $\frac{1}{2}$ lemon, and the stiffly beaten whites of the eggs; turn into a buttered fireproof dish, cover with toasted bread crumbs, and bake twenty minutes in a pan of hot water. Serve hot in dish in which it was baked.

491. **Baked Salsify with Cheese**

Groups St S F P M

Scrape and cook salsify; do not cut; cover the bottom of a baking dish with bread crumbs, next with salsify, then grated cheese; dust with salt; repeat until

the dish is filled; then cover with **milk** and put a thick layer of cheese on top; bake thirty minutes in a hot oven; serve at once.

SPINACH

492. Plain Boiled Spinach

Groups **M F**

Rinse **spinach** in several waters, transfer from the last water into a stew-pan, let cook slowly until tender (about twenty minutes). Serve very hot with fresh **butter**.

493. Creamed Spinach

Groups **M F P—St**

To 1 quart cooked and chopped **spinach** add 1 cup rich **milk** or cream, $\frac{1}{2}$ cup whole wheat bread crumbs, **butter** and salt. Heat thoroughly, and serve on **toast**.

494. Spinach in Cases

Groups **M St F P**

Cut thick slices of whole wheat bread in half, remove a portion of the center, leaving a hollow space. Toast in hot oven. Fill the centers with freshly cooked and well seasoned **spinach**.

495. Spinach and Eggs

Groups **M F P**

Pick over 1 peck **spinach**, wash well, drain and chop. Cook slowly in very little **water** until tender (about twenty minutes), add 1 heaping teaspoon **flour** rubbed

smooth in a little **milk**, cook a few minutes longer, **season** to taste, and serve on a heated platter with **poached eggs**.

496. **Spinach à la Mode**

Groups M F P St

Clean **spinach** thoroughly, cook until tender, **season**, add **butter**, and serve on slices of **buttered toast** dipped into hot **milk**, with a **poached egg** on each portion.

497. **Spinach on Toast**

Groups M St F P

Chop cooked **spinach** fine, heat thoroughly in **butter** and a very little **water**, stirring often to prevent burning. **Season** to taste, serve on slices of hot **buttered toast** and garnish with hard boiled **eggs** or sprinkle with grated **cheese**.

498. **Baked Spinach**

Groups M St—F P

Clean **spinach** well, cut into shreds. Put 1 table-spoon of **butter** into a saucepan, add the **spinach**, and let cook five minutes, turning frequently. Put a layer of **mashed potatoes** into a buttered baking dish, then a layer of **spinach**, alternating **potatoes** and **spinach**, having the last layer of **potato**. Cover with **bread crumbs**, dot with bits of **butter**, and bake about twenty minutes, until nice and brown. Serve in the dish in which it was baked.

499. **Baked Spinach with Egg**

Groups M F P

Pick over 1 peck **spinach**, rinse several times, put in an aluminum or granite kettle and cook about ten minutes. It will not be necessary to add water. Drain, chop, add 5 hard boiled **eggs** chopped fine, plenty of **butter**, and **seasoning** to taste. Put into a well buttered baking dish and bake in a moderate oven fifteen to twenty minutes. Garnish with sections of **lemon**.

500. **Spinach in Cups**

Groups F P M

Cook **spinach**, drain, and chop fine. Cut about twelve hard boiled **eggs** in half, remove yolks, cut a small piece from the ends, and stand upright on a platter. To the yolks add $\frac{1}{3}$ teaspoon each of minced **onion**, **green pepper** and **sugar**, a pinch of salt, and 1 tablespoon of melted **butter**. Mix thoroughly, add **lemon juice** to make yolks the consistency of mashed potatoes. Reheat the spinach, fill the egg cups, leaving a white rim. Press the yolks, prepared as directed above, through a potato ricer, over the whole. Serve with slices of **lemon**.

501. **Soufflé of Spinach**

Groups M F P—St

Clean and rinse thoroughly about $\frac{2}{3}$ peck **spinach**, cook with 1 large tablespoon of **butter** for about ten minutes; cut with a sharp knife in both directions. Melt 2 ounces **butter**, sift in 2 ounces of **flour**, stir until well blended, and add $\frac{1}{2}$ pint of **milk**. When it boils, add 2 ounces **Parmesan cheese**. Season to taste, add spinach, the well beaten yolks of 3 **eggs**, and, lastly,

fold in carefully the whites of the eggs, beaten very stiff. Bake twenty minutes and serve at once.

Dandelion greens, mustard, lamb's-quarters, young beet tops, and so forth, may be prepared in the same manner as spinach.

SQUASH AND PUMPKIN

502. Baked Squash in the Shell

Groups M S St P F

Wash the squash, cut or break into pieces, removing seeds and tough fibers. Place, shell downward, in a large pan and bake until tender, basting frequently with equal parts of melted butter and lemon juice. Serve garnished with sprigs of parsley.

503. Baked Squash

Groups M S St P F

Wash the squash, cut into large pieces, remove the seeds, and bake in the oven with a little butter on each piece until tender.

504. Mashed Squash

Groups M S F St

Bake as in preceding recipe. Scrape from the shell, mash like potatoes with butter, cream or milk, and seasoning. Reheat and serve garnished with parsley.

505. Creamed Squash

Groups M S F—P St

Pare squash, remove seeds, cut in pieces, stew in very little water until soft. Pour a good white sauce over the squash (add lemon juice, if desired), season to taste, heat thoroughly, and serve at once.

506. **Escalloped Squash**Groups **M S F**—St **S**

Peel **squash** and cut in thin strips; put a layer in a buttered baking dish, sprinkle with **salt** and dots of **butter**; repeat until the dish is filled, then cover with sweet **milk**; sprinkle **bread crumbs** over the top and bake in a moderate oven.

507. **Squash à la Mode**Groups **M S**—St **P F**

Cut **squash** in thick slices; remove the outer skin, seeds and fibers; cut in two inch pieces; butter a deep baking dish; arrange a layer of **squash**, dust with **salt**; sprinkle with minced **onions**, then one layer of **carrots** sliced thin; sprinkle with chopped **parsley**; repeat with alternate layers until the dish is filled; then cover with well seasoned **vegetable stock**; bake in a moderate oven; serve with **brown sauce**.

508. **Baked Squash with Eggs**Groups **M P S**—St **F**

Boil or steam **squash**, pared and cut into pieces; then mash through a colander, removing the tough fibers. Beat 2 **eggs** very light, add 3 tablespoons **milk** or **cream**, 1 tablespoon melted **butter**, 1 teaspoon **sugar**, and a little **salt**, lastly stirring in the squash. Beat well together, put into a buttered baking dish, cover with **bread crumbs**, dot with **butter**, and bake in a quick oven about twenty minutes.

509. **Pumpkin Baked in the Shell**Groups **M S F**—St **P**

Wash the **pumpkin**, cut or break into large pieces, removing seeds and tough fibers. Place shell downward in a large pan and bake until tender, basting frequently with equal parts melted **butter** and **lemon juice**. Serve garnished with sprigs of **parsley**.

510. **Baked Pumpkin with Eggs**Groups **M P S**—St **F**

Boil or steam **pumpkin**, pared and cut into pieces, then mash through a colander, removing the tough fibers. Beat 2 **eggs** very light, add 3 tablespoons **milk** or **cream**, 1 tablespoon melted **butter**, 1 teaspoon **sugar**, and a little **salt**, lastly stirring in the pumpkin. Beat well together, put into a buttered baking dish, cover with **bread crumbs**, dot with **butter**, and bake in a quick oven about twenty minutes.

SWISS CHARD511. **Swiss Chard Greens**Group **M**

Stems or leaves may be used, cooked separately if desired. It may be steamed, or if put over a slow fire it will cook in its own juices. While cooking, add a very little **salt**. When tender arrange on a platter and season with melted **butter**. May be garnished with **parsley** or sliced **lemon**.

Swiss chard may be used in any of the ways directed for spinach.

512.

Swiss ChardGroup **M**

Cook as in 511. The juice may then be thickened with a little **flour** that has been dissolved in **butter**.

Chard may also be combined with other vegetables, such as carrots, new peas, string beans. Or substitute for asparagus, in the various asparagus recipes.

TOMATOES

Tomatoes and all other acid fruits or vegetables should be cooked only in aluminum or porcelain lined vessels. If cooked in tin pans, poisonous salts may be formed.

513.

Stewed TomatoesGroups **M—F St**

Peel about 12 ripe **tomatoes** and cut into pieces (or use canned tomatoes), put into a stew-pan with 1 tablespoon **butter**, cover well, and let cook slowly about thirty minutes; then **season** to taste. When ready to serve, add 1 cup coarse **bread crumbs** or **toasted bread** cut into dice, if desired.

514.

Tomatoes and OnionsGroups **M F**

Equal parts of green or ripe **tomatoes** and **Spanish onions**. Cut into slices or dice, stew as in preceding recipe until the **onions** are soft; **season** to taste. May be served on toast.

515. **Tomatoes à la Sanitarium (Conchiglia)**Groups **M F St—P**

Cut **tomatoes** in halves, put in an earthen baking dish, skin side down; put a generous piece of **butter** on each, sprinkle with **salt**; repeat until the dish is filled; bake in a steady oven until they are soft and brown. Have ready hot **buttered toast**, lift tomatoes out carefully and place on toast. Pour around them a **cream sauce**.

516. **Baked Tomatoes**Groups **M F S—St P**

Cut a small plug from the blossom end of nice **toma-**
atoes of uniform size, place in the cavity $\frac{1}{2}$ teaspoon
sugar, a piece of **butter** the size of a hazelnut, and a
cube of **bread**. Bake in a buttered pan in a slow oven
for half an hour, remove from the pan and keep hot.
To the **juice** left in the pan add a little **flour** dissolved
in **water**, let boil up a few times, **season** to taste, and
pour over the tomatoes. Serve garnished with **lettuce**
hearts.

517. **Broiled Tomatoes**Groups **M F**

Slice fresh **tomatoes**, without removing skin, about
half an inch thick. Place on a toasting iron over a
clear fire, brown on both sides, put on a heated platter,
sprinkle lightly with **salt**, and put a small piece of
butter on each slice. Let stand about a minute before
serving, and garnish with **parsley** or **watercress**.

518. **Escalloped Tomatoes (1)**Groups **M St F P**

Skin and slice 6 large, ripe **tomatoes**. Put a layer into a buttered baking dish, dust lightly with **sugar** and **salt**, cover with **bread crumbs**, and put bits of **butter** on top. Add another layer of tomatoes, then more crumbs and so on until the dish is filled, finishing with crumbs. Bake slowly for thirty minutes. A few minutes before removing from the oven, pour in 1 cup **whipped cream**. Let brown quickly and serve.

519. **Escalloped Tomatoes (2)**Groups **M St F P**

Cover the bottom of a buttered baking dish with sliced **tomatoes**; sprinkle with **sugar** and **salt**, then a layer of chopped **onion** and **green pepper**; dot with **butter**, cover with **bread crumbs**, then another layer of tomatoes, and so on until the dish is filled, the top layer being of fine bread crumbs; cover the dish and bake in a moderate oven about forty-five minutes, then remove the cover and brown the top.

520. **Tomatoes and Rice**Groups **M St F—P**

Line a well buttered baking dish with boiled **rice**; fill the center with ripe **tomatoes** peeled, cut in pieces, and **seasoned**, and, if desired, 1 grated **onion**. Cover with more **rice**, sprinkle with **bread crumbs**, dot generously with **butter**, and bake in a moderate oven for about thirty minutes.

Alternate layers of sliced **tomatoes** and **green peas**, separated by layers of **rice**, make an attractive dish.

521. **Tomato Pudding**

Groups M St F

Scald, peel and slice **tomatoes**, squeeze out some of the juice, chop the pulp. To 6 **tomatoes** add 2 cups **bread crumbs**, salt, minced **onion**, green **peppers**, and melted **butter**. Turn into a well buttered mold, allowing room for the pudding to swell. Cover closely, and set mold in boiling water; boil hard for one hour. Turn out carefully on a serving dish, surround with a **sauce** made of the juice thickened with **flour** blended with **butter**, and seasoned to taste.

522. **Tomatoes Stuffed with Mashed Potatoes**

Groups M St P F

Cut a slice from the stem ends of **tomatoes**, and remove most of the pulp. To 1 cup **mashed potatoes**, add the well beaten white of 1 **egg**, 1 tablespoon **cream**, salt, and a dash of **red pepper**. Mix well and fill **tomato shells**. Sprinkle a little finely minced **parsley** or **onion** on top, add a piece of **butter**, and bake thirty minutes.

523. **Tomatoes Stuffed with Rice**

Groups M St F P

Prepare **tomatoes** as directed in the above recipe. To each cup of boiled **rice**, add 2 tablespoons melted **butter**, seasoning to taste, $\frac{1}{2}$ teaspoon **onion juice**, and a few chopped ripe **olives**. Fill the **shells**, add 1 teaspoon grated **cheese**, replace the tops, and bake about thirty minutes. Place the **tomatoes** on a heated platter and serve with plain **tomato sauce**, made from the **pulp** and **juice**. (See recipe 555.)

524. **Stuffed Tomatoes (1)**Groups **M St F—P**

Cut plugs from the stem ends of ripe but firm **toma-**
toes, remove a portion of the pulp, rub through a
colander, mix with **bread crumbs** and chopped **parsley**;
season to taste. Fill the **tomato shells**, sprinkle with
bread crumbs; put a small piece of **butter** on top, place
in a buttered baking dish, and bake forty minutes.

525. **Stuffed Tomatoes (2)**Groups **M P—St F**

Wash and dry firm **tomatoes** of uniform size; scoop
out carefully, beginning at the stem end. Add the
pulp to 1 cup of **protose**; melt $\frac{1}{2}$ an ounce of **butter**,
add 1 chopped **onion**, 1 tablespoon **flour**, a little chopped
parsley and salt. Combine, fill the tomatoes, put them
in a buttered baking dish, sprinkle thickly with **brown**
crumbs; bake in oven until tender but not broken.
Serve on toast.

526. **Stuffed Tomatoes, Steamed**Groups **M P F St**

Cut plugs from the stem ends of firm **tomatoes**, re-
move the greater part of the pulp, being careful not
to break the skin. Mix the pulp with **savory protose**,
chopped **nuts**, **celery** and **onion**. Add chopped **parsley**,
a little **salt** and **lemon juice**, and sufficient **bread crumbs**
to make a rather stiff mixture; fill the **tomato shells**,
put a small piece of **butter** on top of each tomato, re-
place the plug, and steam twenty minutes. Serve on
a heated platter garnished with slices of **lemon**.

527. **Macaroni in Tomato Shells**

Groups F St M P—S

Break 2 ounces macaroni into short lengths, cook rapidly in boiling water about twenty minutes, drain and chop fine. Rub the yolks of 2 hard boiled eggs to a paste, add gradually 5 tablespoons cream. Heat 1 tablespoon butter, sift in 1 tablespoon flour, stir until perfectly blended, add the egg, cream and $\frac{1}{2}$ cup milk, stir in a double boiler until thick and creamy, then add 1 teaspoon salt and a dash of paprika. Pour this sauce over the chopped macaroni, and, if desired, add 2 tablespoons grated cheese.

Cut plugs from the stem end of ripe, firm tomatoes, scoop out the centers carefully, fill with the prepared macaroni, cover with fine bread crumbs, and bake twenty minutes in a moderate oven. Serve on toast with the remainder of the sauce.

528. **Scrambled Tomatoes**

Groups M F P—St

Peel about 6 tomatoes, chop with 1 onion, add a few stalks of celery cut fine, 2 tablespoons bread crumbs, and the same amount grated cheese. Salt, and, if desired, add a little sugar. Heat butter and olive oil in equal parts (about 3 tablespoons each), add the vegetables, let cook ten minutes, then pour in 2 well beaten eggs, and stir rapidly from all sides until the eggs are set. Serve on toast.

529. **Tomato Delicacy**

Groups F P M St

Arrange squares of toast on lettuce, and cover with hot tomato sauce, to each pint of which has been added

3 tablespoons grated **cheese**, 1 cup **English walnuts**, chopped fine, and (after the cheese has been melted) 1 cup **whipped cream**.

530. **Tomato Rarebit**

Groups **P F M—St**

Blend until smooth 2 tablespoons each melted **butter** and **flour**, $\frac{1}{2}$ teaspoon **salt**, $\frac{1}{8}$ teaspoon **mustard** and a pinch of **Cayenne pepper**. Add slowly 1 cup cooked **tomatoes**, strained, to which has been added $\frac{1}{8}$ teaspoon **baking soda**. Let boil up, remove from fire and stir into this mixture 2 beaten **eggs** and 2 cups grated American **cheese**. Reheat, stirring well to prevent burning. Serve on hot **buttered toast** with crisp **celery stalks**. Or pour over **spaghetti** or **macaroni**, cooked and still hot.

531. **Turkish Pilaf**

Groups **M St F—P**

1 cup **vegetable stock**, 1 cup **tomatoes**, stewed and strained, a little minced **onion** and **sweet pepper**; **season**, and heat to boiling. Add 1 cup **rice**, boil five minutes, then cook all in a double boiler until rice is soft. Stir in 3 tablespoons **butter** with a fork and keep uncovered for a few minutes to let some of the moisture escape. Rice prepared in this manner may be served as a border for **scrambled eggs** or **stewed mushrooms**.

532. **Tomatoes, Southern Style**

Groups **M—F St**

Heat 1 tablespoon each **butter** and **olive oil**, add 1 **onion** cut into small dice, let stew until soft and yel-

low; add 6 tomatoes peeled and cut into pieces, and 1 cup cleaned rice. Cover, cook over a slow fire until the rice is soft, stir occasionally, and add a little water if necessary. A piece of green pepper may be cooked with the tomatoes and removed before serving. Season to taste.

533.

Curry of Tomato

Groups M St—F

Melt 2 tablespoons butter, add 1 tablespoon minced onion, 1 tablespoon green sweet pepper, 2 tablespoons celery, chopped fine. Let cook slowly fifteen minutes. Skin 4 tomatoes, roll in flour, and cook in the vegetable sauce about ten minutes, then remove carefully and place on squares of toast. To the sauce add 1 teaspoon each cornstarch and curry powder, rubbed to a smooth paste with $\frac{1}{2}$ cup cream. Let boil up, then pour over the tomatoes on toast, which have been arranged on a heated platter.

534.

Vienna Tomatoes

Groups M P—F

Cut the required number of tomatoes in halves; shape protose into round cakes, brown on both sides in oven, then flatten out a little to make them same size as tomatoes; lay 1 cake on each half tomato, cover with other half; bake in a quick oven until the tomatoes are tender; decorate with parsley and serve hot.

TURNIPS

535. **Baked Turnips**Groups **S M F**—St

Pare **turnips**, wash, cut in thin slices, cook until tender, drain. In a buttered baking dish put alternate layers of turnips and **bread crumbs**, finishing with crumbs. Season the layers with **salt** and **butter**. Add rich **milk**, cover, bake fifteen minutes, then remove and let brown.

536. **Boiled Turnips**Groups **S M St**—F

Pare **turnips**, wash, cut into cubes and place in boiling salted **water**. Cook gently, uncovered, until the pieces can be pierced with a splint or fork. The vegetable is done when the pieces look clear. Do not allow to become mushy. Add **butter** and serve.

537. **Creamed Turnips**Groups **S M F**—St

Cook as in preceding recipe until tender. Drain, empty into a hot dish, pour a good **white sauce** over all and serve at once.

538. **Mashed Turnips**Groups **S M F**—St

Peel and wash yellow **turnips**, cut into pieces, cook until tender. If the turnips are old and strong, change the water after boiling five minutes. Drain, mash through a colander, add **seasoning**, **butter**, and a little **cream**. Reheat and serve.

539.

Turnip GlacéGroups **S M F**—**St**

Peel and cut **turnips** into desired pieces; melt **butter** in a stew-pan, add the turnips; to 6 small turnips add 1 cup **stock**, 1 tablespoon **butter**, 2 tablespoons **sugar**, the juice of 1 **lemon**, **salt** and a little **parsley**; pour stock around turnips, and sprinkle salt, lemon juice and parsley over them; let simmer until tender, then remove turnips from the pan; boil the **gravy** down to about half, pour over and serve.

540.

Ragout of TurnipsGroups **S M St F**

Boil as many white **turnips** as needed; put into a stew-pan with **butter** and a little **sugar**; stir until they are nice and brown, then pour over them 1 pint of **seasoned brown gravy**, to which has been added a few chopped **onions** and **peppers**, also a few **bay leaves**. Stew until tender and serve with **gravy** poured around them. (Recipe 552.)

VEGETABLE COMBINATIONS

541.

Vegetable StewGroups **M S St**—**F P**

Clean and cut into large dice 1 **turnip**, 2 **carrots**, 2 **parsnips**, 2 **German celery roots**, 1 **Spanish onion**, 2 **potatoes**. Barely cover with cold **water**, let cook slowly until all the vegetables are tender; **season**, add a generous piece of **butter**, and serve.

542.

Leipziger AllerleiGroups **M S P St F**

Clean and cut into dice equal quantities of **carrots**, **wax beans**, **green peas**, **asparagus**, **new potatoes**, and **young white turnips**. Cook until tender in a small quantity of salted water, season to taste, add 1 cup **cream**; thicken with **flour** and **butter** blended.

543.

Mexican PuddingGroups **S St M F—P**

Line a well buttered baking dish with sliced **sweet potatoes**, which have been cooked until nearly tender. Into this put 1 quart **sweet corn** cut from the cob, mixed with 1 **green sweet pepper**, 1 **pimiento**, chopped fine, a little **salt**, and 3 tablespoons **cream**. Cover with slices of **sweet potato**, put bits of **butter** on top, and bake in a moderate oven twenty minutes. Garnish with **pimientos**.

544.

Sanitarium Chop SueyGroups **M P F St**

Cut into dice 2 **Spanish onions** and 1 stalk **celery**; let brown lightly in 4 tablespoons melted **butter**; add 6 **tomatoes**, peeled and cut into pieces, and 1 cup **water**; let simmer thirty minutes. Add 1 cup **mushrooms** and 1 can **savory protose** cut into cubes. Let cook ten minutes longer, season, mix with hot Chinese style **rice**, and serve at once.

545.

Chop Suey

Groups M P St

Cut 6 onions and 6 stalks celery in long strips and let brown in butter fifteen minutes; put on to cook with enough water to cover; add 1 can protose cut in strips, 12 mushrooms, 1 pint bamboo shoots and 1 pint Chinese potatoes, cut in thin strips; season to taste. Serve with rice. Add Chinese sauce (Soy) if desired.

546.

Vegetable Goulash

Groups M P S—F

Clean, peel, and cut into dice 1 quart tomatoes, 3 large carrots, 4 onions, 1 stalk celery, 1 large apple; add 1 cup water, 1 cup green peas, 1 slice lemon, $\frac{1}{2}$ cup lemon juice, 2 tablespoons sugar and butter; cook slowly about fifteen minutes; add 1 can savory protose, cut into small pieces, salt and paprika to taste; add more water if necessary, and let simmer until vegetables are tender. Serve in a border of hot rice.

547.

Hungarian Goulash

Groups M St S—F

Peel and cut into large pieces 2 large carrots, 1 rutabaga, 3 potatoes; add 6 medium sized onions, let cook until nearly tender, then add 6 tomatoes, 6 bay leaves, 1 green pepper, sliced, and 2 large apples, peeled and sliced. Cook until tender, add good sized piece of butter and thicken with browned flour, then add $\frac{1}{2}$ cup brown sugar and juice of 2 lemons.

548. **Vegetable Pottage**

Groups S M P St F

Mix 1 cup each of cooked **green peas**, **string beans**, **sweet corn** cut from the cob, **green lima beans**, raw **tomatoes** cut into pieces, and 1 chopped **onion**. Heat 2 cups **milk** with 3 tablespoons **olive oil**; add **salt**, chopped **parsley**, and a dash of **nutmeg**. Mash 2 large, freshly cooked **potatoes**, beat smooth, and add to the mixed vegetables. Put into a buttered baking dish, cover with **bread crumbs**, and bake thirty minutes in a slow oven.

549. **Bark Toy Gun**

Groups P F M

Wash and cut in pieces 1 pint **mushrooms**, 1 dozen large **chestnuts**, 1 box **Brussels sprouts**, 1 stalk **celery**, 1 **onion**; to 1 quart boiling **water** add 1 cup **Chinese sauce**, then add the vegetables, and boil until tender; then beat 2 **eggs** with a little cold **water** and add slowly to the boiling vegetables; **season**, and serve hot, with **rice**.

SAUCES FOR VEGETABLES AND ROASTS550. **White Sauce**

Groups F St—S P

Rub 1 tablespoon **flour** and 2 tablespoons **butter** to a smooth cream. Heat 2 cups **water** or **milk** to boiling, and add gradually the flour and butter, stirring constantly until perfectly blended. Add **salt** to taste and boil one minute. If an especially rich sauce is desired, **cream** may be used instead of milk.

551. **Brown Butter Sauce**

Groups F S St P

Heat 2 tablespoons butter in a saucepan. When brown, sift into it 2 tablespoons whole wheat flour. Stir until smooth and well browned, but prevent burning. Add 1 cup boiling water or stock and season to taste.

552. **Brown Gravy**

Groups F M S St—P

Put a fairly large piece of butter into a skillet, let brown with 1 onion, sliced, and 1 tablespoon sugar, if desired. Add $\frac{1}{2}$ cup flour and keep stirring about five minutes. Add sufficient vegetable stock to make the right consistency, season, and strain. 1 cup sour cream may be added if desired.

553. **Onion Sauce (1)**

Groups M F St S—P

Peel and cut 2 or 3 onions, cook in small quantity of water until tender, and chop fine. Add white sauce, made as directed in recipe 550. Or, use 2 cups of the liquid from the onion in place of milk; season to taste, let boil, and serve at once.

554. **Onion Sauce (2)**

Groups M F—St S P

Slice onions, let brown in butter, add a little flour and enough stock to make the right consistency; cook for a few minutes and season; do not strain.

555. **Plain Tomato Sauce (1)**Groups **M**—St F S

Cut up **tomatoes** to make 1 pint, and cook with 1 **onion** about ten minutes. Add 1 tablespoon **flour** blended with an equal amount of **butter**. Let boil a few minutes, then add **salt** to taste. Strain if desired.

556. **Tomato Sauce (2)**Groups **M St F S**

Put 1 pint **tomatoes**, fresh or canned, into an agate or aluminum saucepan. Add 1 stalk **celery**, 1 large slice **onion**, a sprig of **parsley**, 1 **pepper**, 6 **cloves**, 1 **bay leaf**. Cover, let simmer twenty minutes, and strain through a coarse sieve. Add a pinch of **salt**, 1 teaspoon **sugar**, 1 tablespoon **lemon juice**, and keep in a cool place until wanted. Thicken with **flour** blended with **butter**.

557. **Tomato Sauce (3)**Groups **M—S St F**

Brown 2 sliced **carrots** and 1 sliced **onion** in 2 tablespoons **butter**; add 1 quart **tomato juice**, a few sprigs **parsley** and 1 **bay leaf**. Let simmer twenty minutes and strain. Rub 2 tablespoons **flour** to a smooth paste with a little **water** and add to the strained liquid. Let boil about three minutes.

558. **Tomato Sauce with Raisins**Groups **M—S St F**

Cook 5 or 6 **tomatoes** in a small quantity of **water** about ten minutes. Add 1 cup **vegetable stock**, 1 **bay leaf**, a little **salt**, and 1 teaspoon **flour** blended with 1

tablespoon of butter. Cook all together until it begins to thicken, strain through a sieve, and add $\frac{1}{4}$ cup seedless raisins. Reheat and serve.

559. Tomato and Pepper Sauce

Groups M S

Seald tomatoes and rub through a fine sieve; to 1 cup tomatoes add 1 green pepper, chopped fine, 1 onion, 2 tablespoons sugar, a little salt, and the juice of 1 lemon; cook about half an hour and serve with roast or croquettes.

560. Egg Sauce

Groups F St—S P

To white sauce add the yolks of 2 hard boiled eggs pressed through a coarse sieve, also a little minced parsley.

561. Sauce Hollandaise (1)

Groups F—St M S P

Make a white sauce as directed in recipe 550. Take from the fire, add gradually the yolk of 1 egg, well beaten, 1 tablespoon salad oil, salt to taste, and the juice of $\frac{1}{2}$ lemon. Beat well together and serve at once.

562. Sauce Hollandaise (2)

Groups F M

Soften 1 cup butter, then beat until soft and creamy; add the yolks of 3 eggs, one by one, and, when these are thoroughly incorporated, 1 cup boiling water; cook

in the double boiler until a thick cream, then add the juice of 1 **lemon**, one drop at a time; be very sure to add the lemon juice slowly or sauce will curdle; season after removal from fire.

563. **Mint Sauce**

Groups **M S**

Mix 1 cup fresh **mint**, chopped fine, $\frac{1}{4}$ cup **brown sugar**, and $\frac{1}{2}$ cup **lemon juice**, and let stand one hour. Before serving, heat until warm, but do not boil.

564. **Mushroom Sauce**

Groups **P F—M**

Clean and wash 1 quart of fresh **mushrooms**, cut in two, put into a stew-pan with a little **salt**, whole **pepper** and **butter**; stew gently for half an hour, then add $\frac{1}{2}$ pint **cream** and the yolks of 2 well beaten **eggs**. Keep stirring until it boils, when it is ready to serve.

565. **Nut Sauce**

Groups **F P St—S M**

Add finely chopped **English walnuts** or **pecans** to **white sauce** or any other suitable sauce.

566. **Bread Sauce**

(A good way to use stale bread.)

Groups **St P M S**

Quarter and cook 1 large **onion** and 1 green **sweet pepper** in $1\frac{1}{2}$ pints **milk** (or half **milk** and half **water**) until quite soft, then strain. Pour the strained **liquid** over stale grated **whole wheat bread**. In about an

hour put the soaked bread in a saucepan, add **butter** rubbed smooth with a little **flour**, and more **milk**, if necessary. Let the whole boil up together, strain, and serve hot.

567.

Caper Sauce

Groups F St—S P M

To **white sauce** (recipe 550) add 2 tablespoons **capers**, with an equal amount of **juice**. If desired, flavor with **lemon juice**.

568.

Chestnut Sauce

Groups F P—S M

Put $\frac{1}{2}$ pound shelled **chestnuts** into boiling water for about five minutes, rub off the skins, cook in a small amount of **salted water** until tender, and rub through a sieve. Return to the fire, add 1 cup **milk** or **cream**, flavor to taste, add **butter**, let boil up once, and serve.

569. **Curry Sauce to Serve with Vegetables**

Groups M F—St S P

Melt 1 tablespoon **butter** in a saucepan; stir into it 1 large **onion** minced fine; let simmer seven or eight minutes, then add 1 **sour apple**, minced fine; stir for three or four minutes; add 1 cup good **vegetable stock** and cook gently for five minutes; add 1 cup **milk** in which 1 dessertspoon of **curry powder** has been stirred until smooth. Let all boil up at once, strain, **season**, and thicken with **flour** and **butter**, blended.

570. **Brown Raisin Sauce**Groups **S M**—St **F**

Cook 1 cup raisins until tender with 6 whole peppers, 2 bay leaves, and a few cloves; thicken with flour blended with butter; add $\frac{1}{2}$ cup brown sugar and the juice of 2 lemons.

CEREAL FOODS

Key to reference letters: **St**, starches; **S**, sugars; **F**, fats; **P**, proteids; **M**, mineral elements.

Cereal foods, on account of their great abundance, cheapness, keeping qualities and easy transportability, comprise, by far, the largest and most important part of human food. Some varieties of grains, corn, buckwheat or rice can be grown in almost any habitable locality on earth. However, grains and rice by themselves are not well balanced foods, as is shown in our tables of food analysis.

White Flour and Polished Rice

Cereals contain large quantities of gluten (from 8 to 12 percent) which is equal in nourishing qualities to the protein of flesh foods. Furthermore, they contain from 1 to 2 percent of fats, and from 65 to 75 percent of starchy food elements. The all important mineral elements, however, are represented in small quantities only, from 8 to 13 parts per thousand, and the larger part of these is lost in the refining process in the mill in order to comply with the fashionable demand for white flour and white rice.

This foolish but almost universal custom necessitates not only the removal of the mineral salts which are located in and under the hulls, but also of a large proportion of the gluten, which is equal in nourishing value to meat; worst of all, it involves the loss of the vitamins (see page 445).

The white flour and polished rice of commerce, having been robbed of their mineral constituents in the milling process, contain only from 1 to 3 parts per thousand of mineral elements.

Just think of the wasteful foolishness of this practice! The valuable gluten and mineral salts go into the bran and help to build up the healthy, powerful bodies of our domestic animals, while man, the "Crown of Creation," grows dyspeptic, anemic, thin and nervous on the white, starchy flour, robbed of its most important elements of nutrition.

Furthermore, it is well to consider how this foolish practice contributes to the high cost of living; the protein gluten of the grains, which cost from 3 to 5 cents per pound, or less if ground at home, is discarded in the bran, and in place of it, meat protein, contaminated by all the morbid matter and systemic poisons of the animal carcass, is bought in the butcher shop at the cost of 25 to 50 cents a pound.

Government investigation of the dreadful beri-beri disease, which since the American occupation has increased to an alarming extent in the Philippines and Hawaiian Islands, has revealed the fact that this disease is caused by the consumption of polished rice. When the patients suffering from this malady are given even small quantities of the "polishings" of the rice, which contain the vitamins of the cereal, they recover quickly.

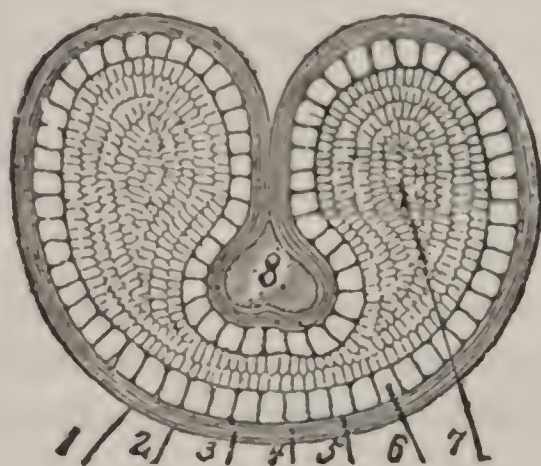
While our "polished" white flour cannot alone be held directly responsible for such a serious disease as beriberi, it is difficult to tell how much it has to do with the creation of the manifold ailments from which the civilized portion of humanity is suffering. Surely the discovery of the cause of beri-beri should be a strong

warning against "polishing" our grains in a manner similar to the polishing of rice.

We may safely assume that the Great Wisdom which created this wonderful human body knows also how to feed it, and that, therefore, the safest way is to consume foods as nearly as possible in the forms in which they come from Nature's hands. If a product has to pass through the processes of cooking, spicing, fermenting and chemical treatment before it becomes edible and palatable, it is not a natural food.

The Structure and Chemical Properties of a Kernel of Wheat

To illustrate the fatal mistakes which are made in the production of superfine white flour and other artificial cereal food products, we give below the dia-



gram of a wheat kernel, greatly enlarged. This illustration is taken from *The Foundation of All Reform*, by Otto Carqué, an excellent little treatise on the diet question.

The outer layer, 1, is the hull, or tough, outer coat-

ing, which, broken up into fine, bran particles, furnishes necessary bulk in the digestive tract. The particles of ground hull in the whole grain meal act as a splendid stimulant to the peristaltic movements of the bowels. They also serve to keep the starchy constituents of the grain from forming lumpy masses in the digestive tract. They separate the starchy particles so that the digestive juices can better penetrate and digest the starchy and protein mass. For these reasons whole grain bread and cereal preparations act as natural laxatives, while bread and pastry made from white flour, together with meat, coffee, tea, strong spices and condiments are the most prominent causes of indigestion and constipation.

What little the kernel of grain possesses of the all important positive mineral salts of iron, lime, sodium, potassium and magnesium and the vitamins, are contained in and under the hull. The black, powdery deposit underneath the hull also contains mineral elements.

It is the mineral salts which give textile strength and toughness to the hulls of grains and to the protecting skins and rinds of fruits and vegetables; therefore, when tender and palatable, these outer coverings should always be eaten together with the inner, meaty parts of the foods.

Layers 2 and 3 contain nitrogenous matter and are rich in the alkaline, mineral salts of silicon, phosphorus and potassium, which build bones and teeth.

In layers 4 and 5 we find a cerealine substance which gives color and flavor to the kernel.

Layer 6 consists mostly of gluten, while the interior, white body (7) is made up principally of starch.

The germ (8) is the part which contains the life

principle, and valuable, easily soluble organic salts. The germ also contains the natural ferments of the grain which, under the influence of moisture and warmth in the soil, change the starchy and proteid materials into sugars and peptones, which serve as food for the growing stalk and roots in the manner that the substance of the egg serves as food for the growing chick.

Diastase is the ferment which changes starch into dextrin and sugar, and peptase is the ferment which changes proteid into protose and peptones.

The germs have been removed from all the brands of flour manufactured in the modern roller mills, because otherwise the flour or meal will quickly deteriorate, ferment and breed maggots, due to the action of the live ferments in the germ. These ferments, however, perform the same work as the digestive juices in the system. Therefore, by depriving the flour of the germs its keeping qualities are improved, but on the other hand it is robbed of the most valuable ferments which greatly facilitate the digestion of the starches and proteins.

In the preparation of white flour, layers 1, 2, 3, 4, 5, 6, and the life germ with its valuable salts and ferments, are removed, leaving a product which has none of the most valuable constituents and finest qualities of the wheat kernel and which is therefore unfit for food.

In the preparation of bread from such devitalized flour, the live organic mineral salts must be replaced by the inorganic table salt, and the organic ferments, diastase and peptase, must be replaced by yeast, soda, alum, cream of tartar or other harmful, mineral baking powders.

Bohemian Rye

The ordinary rye flour, the so-called Bohemian rye, is made on the same principle as white flour, that is, much of the gluten, the hull, and the organic salts have been removed in the milling process. Furthermore, this brand of flour is frequently mixed with inferior white flour, which, on account of its dark color, cannot be sold as such.

Rye Meal

The rye meal from which the Germans prepare their dark rye bread, if ground in an old-fashioned stone burr mill, contains all the constituents of the rye, and is, therefore, good material for our health bread.

Graham Flour

The original graham flour, as advocated by Dr. Sylvester Graham, was made of the entire wheat, but the graham flour of commerce as now sold is usually prepared by mixing bran with shorts.

Whole Wheat Flour

Many of the so-called whole wheat flours are not whole wheat in fact. While they contain the starchy and glutenous parts of the cereals, the hulls—and with them the mineral salts—have been removed in the milling process under the mistaken idea that the hulls of cereals are too coarse and irritating and therefore injurious to the digestive tract. This is in line with much other “wisdom of the schools,” which presumes to

know better than Mother Nature what is good for beast and man.

Gluten Flour

From the viewpoint of our low protein diet, gluten flour and protose are positively dangerous. They are the concentrated extracts of the gluten or proteid matter of grains, legumes and nuts.

Gluten flour is usually highly recommended to persons suffering from diabetes. We, however, hold that a high proteid diet is much more dangerous in diabetes than a diet containing moderate amounts of starches and sugars. Functional diabetes is caused largely by the clogging of the capillary circulation with uric acid and other morbid materials, produced in the digestion of proteid food.

Protose

Protose is an extract of the protein materials of grains, legumes and nuts, even more concentrated than gluten flour, and therefore a more unbalanced food and more dangerous to health. Such artificially unbalanced food products, if used at all, must be taken together with liberal proportions of the food of the mineral group (V).

From what we have said it becomes apparent why it is almost impossible to buy in the open market a genuine whole grain flour or meal.

Practically the only way to obtain flour which contains all the constituents of the grain, is either to procure it from an old-fashioned stone burr mill, or to grind it at home fresh for daily use, on one of our small hand grain mills. (See price list.)

Breakfast Foods

With few exceptions, the widely advertised breakfast foods are denatured and demineralized in the manufacturing process. It is therefore much wiser to use freshly ground or cracked grains. They not only make the best breads, but also delicious mushes and gruels. The hulls of oats, being very coarse and tough, must be removed. The hulled oats can be bought in the market as "groats."

Of the many cereal and breakfast foods on the market, those are best which are made of the whole of the grain, such as shredded wheat biscuit. We avoid the use of pre-digested and denatured foods.

571.

Vitamine

Groups M St P F—S

Mix ground wheat, sweet corn, hull-less barley, flaked rye, oatmeal or rolled wheat with an equal quantity of grated cocoanut or pignolias, peanuts, pecans or almonds flaked; or use a combination of any of these nuts. Mix with raisins or with dried figs, dates or pears chopped.

This should be eaten without cream, masticated and mixed well with the saliva, when the blending of flavors will be thoroughly enjoyed.

As a variation in place of the raisins or other dried fruits, bananas, pears, apples or sweet plums may be cut into small pieces and placed over the top of the vitamine, or berries in season may be used, and $\frac{1}{2}$ to 1 teaspoon of honey added if desired.

572. **Barley Mush**

Groups St P—M

1 cup barley meal, 5 cups boiling water, salt to taste; cook same as oatmeal, in double boiler or fireless cooker.

573. **Cereal and Berries**

Groups St M F P

A dish of shredded wheat or any whole grain cereal, covered with fresh strawberries or raspberries, with plenty of cream, makes a most palatable breakfast or luncheon dish.

574. **Corn Meal Mush**

Groups St P—M F

To 1 quart boiling water add 1 teaspoon salt and 1 cup corn meal; sift meal in gradually, then cook in double boiler at least thirty minutes, or cook several hours in fireless cooker.

Or, wet corn meal in cold water, then stir into the boiling water. This is a quicker method and less likely to produce lumps.

575. **Graham Flour Mush**

Groups St M—P

Follow directions for making corn meal mush, as above.

576. **Rice Mush**

Groups St P—M

1 cup of brown rice to 4 cups of boiling water is the proportion to be used if the mush is to be cooked

on the stove. The rice should be sprinkled slowly into the actively boiling, slightly salted water so as not to stop the boiling. If the rice is to be cooked in the fireless cooker (the best way to prepare it), use 5 cups of water to 1 cup of rice and place in cooker as soon as the rice has all been added to the water and is boiling hard. Let it remain about three hours when the water will all be absorbed.

577. **Oatmeal with Dates or Figs**

Groups St P S F M

Add 1 tablespoon seeded and chopped dates, or stewed minced figs, to each portion of well cooked oatmeal. Serve with cream.

578. **Whole Wheat**

Groups St P M

Soak whole wheat several hours in cold water; bring to boil and cook about fifteen to thirty minutes, according to amount to be cooked; add a little salt, then put in fireless cooker and finish cooking, or steam in double boiler.

579. **Whole Wheat Mush**

Groups St P M

Grind the desired quantity of whole wheat; to 1 cup whole wheat meal use about 5 cups boiling water, salt to taste; sift meal through the fingers into boiling, salted water, and cook fifteen to twenty minutes on top of stove, then finish cooking in fireless cooker or in a double boiler.

580.

Popcorn

Groups St M—P F

A dish of popcorn, without butter or salt, may be served as a cereal, with or without cream; or in place of other starch for the dinner meal.

BREADS

Key to reference letters: **St**, starches; **S**, sugars; **F**, fats; **P**, proteids; **M**, mineral elements.

A good whole grain bread is the very foundation of a rational vegetarian diet. We soon realized this when we first tried to live on a vegetarian diet, and when we entered upon the Sanitarium work.

We tried certain brands of so called whole wheat flour, but found that while they contained the glutenous and starchy parts of the grain, they were entirely lacking in the bran, and, therefore, in the long run, were entirely unsatisfactory.

We then tried graham flour, and found that the bread made from it was dry and straw-like in flavor.

We found that the common (Bohemian) rye flour was prepared in a similar way to the common white wheaten flour, and that it suffered from the same disadvantages.

The German whole rye "pumpernickel" bread is prepared by sour fermentation, and therefore tends to sour the contents of the digestive tract.

We also tried various whole grain unfermented "health breads." Most of these were coarse, unpalatable, tough and lumpy, and we found that our patients as well as ourselves could not use them for any length of time without experiencing detrimental effects on the digestive organs.

In short, we found that all the popular brands of flour and the various kinds of bread made from them, were lacking in some important constituents and were not as palatable and digestible as we desired. We then

proceeded to try the golden mean, and to combine the best qualities of different kinds of flours and meals into one perfect palatable and wholesome bread, and we believe that we have succeeded in solving the problem.

The bread that we have now been using uninterruptedly for many years has satisfied all demands as to pleasantness of flavor and perfect digestibility.

In making our "staff of life" we have wandered away from the straight and narrow path of Simon pure vegetarianism to such an extent as to leaven our bread with real yeast or with some of the sponge of the last baking. (See recipes 581 and 582.)

Recipe 581 makes the best of all health breads. The whole grain wheaten and rye meals should be stone-ground, like our own brands. The addition of a little rye meal imparts a sweet, rich flavor which cannot be obtained from any other kind of grain. The worst dyspeptics seem to digest and assimilate this bread better than any other. Americans, who have never been accustomed to coarse, dark bread, almost without exception like it and soon cannot do without it. If stone-ground meals are not immediately available, recipe 582 may be used as a good substitute. Judgment must always be used for proportions when mixing breads, because flours and meals vary so from season to season, and in different localities.

581. Dr. Lindlahr's Health Bread (1)

Groups St P—M F S

Put 4 tablespoons olive oil, 4 tablespoons **honey** and 1 tablespoon **salt** in bread mixer and pour in 4 cups of boiling **potato water**. Let stand until lukewarm, then

add 1 **yeast cake** previously dissolved in $\frac{1}{4}$ cup warm **sweet milk**, 8 cups of stone-ground, **whole-wheat meal** and 2 cups of **rye meal**. Mix ten to fifteen minutes and let rise six to eight hours in a warm place. Knead again and shape into small loaves (about four), let rise about twenty minutes and bake forty-five minutes in a moderate oven. The sponge can also be made from leavened dough which has been kept cold and sweet from the last baking.

582. **Dr. Lindlahr's Health Bread (2)**

Groups St P—M F S

Put 2 tablespoons **oil** or **butter**, 2 tablespoons **sugar** or **honey** and 2 tablespoons **salt** in bread mixer, pour on 2 cups boiling **water**. When lukewarm add 1 **yeast cake** previously dissolved in $\frac{1}{2}$ cup lukewarm **milk**, and 4 cups sifted **white flour**. Mix thoroughly (about ten minutes), cover and let rise six to eight hours in a room not below 65 degrees. Now add equal quantities of **graham flour** and **rye meal** (not Bohemian rye) to make rather stiff. Knead thoroughly (fifteen to twenty minutes), then shape into loaves; place in oiled pans and let rise about thirty minutes. Bake in medium oven about one hour. This quantity will make three to four loaves of bread.

583. **Unfermented Fruit Bread**

Groups St S F P M

Soak 1 quart **cracked wheat** in 1 quart **water** over night; in the morning add 1 cup **dates** and 1 cup **figs**, cut fine, 1 cup **nuts**, chopped, 1 cup **apples** cut into cubes, 2 cups **raisins**, $\frac{1}{2}$ cup **olive oil**, 2 cups **honey**

and a little salt; knead thoroughly and shape into loaves. Steam two to three hours, then dry in the oven about thirty minutes.

584. **Unfermented Sweet Bread**

Groups F P St S M

Grind 1 pound raisins; mix with 1 quart warm water, $\frac{1}{2}$ cup olive oil, a little salt, and enough ground wheat to make a very stiff batter; mix thoroughly and let stand over night; in the morning add $\frac{1}{2}$ cup chopped nuts, 2 well beaten eggs, and a little flour; knead a few minutes; let stand about one hour. Bake in a very slow oven two or three hours, or steam, and then dry in the oven.

585. **Whole Wheat Bread (1)**

Groups St P—M S

Allow a pint to a pound and a pound to a loaf. For three loaves put three pints warm water in bread pan, 1 cake compressed yeast, and a teaspoon of brown sugar; mix these until yeast is dissolved. Add 3 pounds of whole wheat flour, mix together, cover and leave for two hours. Do not put in hot place and do not chill. Oil baking pans (the straight-up 1 pound pans are best) with olive oil. Add one teaspoon of salt to the dough and knead (with hands in pan or with bread mixer) until a nice doughy consistency. Do not add any flour. Then shape into loaves, place in the pans, and let stand about ten minutes. Light oven, put bread in at once; bake forty-five minutes with hot fire. (Change bread to make brown when it has been in thirty minutes.) After baking forty-five minutes, turn fire very low for fifteen minutes more and then oil tops when out of oven.

586. **Whole Wheat Bread (2)**

Groups St P S M

Take 2 cups **milk** and 2 cups boiling **water** into which 1 teaspoon each of **salt** and **sugar** has been stirred. When the mixture is about blood warm, add $\frac{1}{2}$ **yeast cake** dissolved in warm **water**; stir in quart of **whole wheat flour**, or enough to make a good batter; beat hard for five minutes, then add enough **flour** to make a dough that can be handled. Knead ten minutes on floured board and set to rise for three hours, or until doubled in bulk; knead five minutes longer, make into loaves and set them to rise. When light, bake.

587. **Bread That Will Keep**

Groups St P—S F

Make a sponge in the evening by adding a cake of **yeast foam** (which has been softened previously in a little **water**) to a batter made from 1 tablespoon **mashed potatoes** and a pint of **water** in which the potato has been boiled, with sufficient good white **flour** stirred in so that the batter will drop from the spoon, not run as liquid. Let this rise in a warm place after giving it a good beating. (The lighter it gets the better.) Then add a pint of lukewarm **water**, 1 teaspoon **salt** and 1 teaspoon **sugar**, also a little **oil**. Knead with the hands until when pressed with the finger tip it seems elastic and does not stick to the finger. Cover and let rise over night in a warm place, 75 degrees. In the morning turn out on a board and pound with a potato masher for twenty minutes, working in as much whole grain **flour** as possible. Roll and cut into two inch squares, place on a greased baking sheet, such as cookies are baked on, and let rise until nearly twice

their height, or until very light. Bake in a moderately hot oven about half an hour, then leave in the warming oven or about the stove somewhere to dry out thoroughly for a day or two. Keep in a dry place.

When wanted, roll over once or twice in cold water, drain carefully, place in a hot oven and in a few minutes it will puff up much larger and seem like freshly baked bread. This bread will keep indefinitely if put away in a dry place.

588.

Oatmeal Bread

Groups St S F P

2 cups rolled oats, 3 cups white flour, 1 cup molasses, $\frac{1}{2}$ cup broken nut meats, $\frac{1}{2}$ cup sugar, 1 yeast cake. Mix well; let rise until light, then put in greased pans and let rise again. Bake in a moderate oven about one hour. Be careful it is thoroughly done. This bread does not require kneading; simply mix well.

Bread Sticks

See recipe 300, page 111.

HOT BREADS

Hot breads, with the exception of those made from ground whole corn without soda, baking powder or eggs, are not recommended for frequent use. The baking powder and soda create poisons which are bad for most stomachs.

589.

Almond Meal Gems

Groups P F S—M

Add to the well beaten whites of 2 eggs, 1 teaspoon lemon juice, 10 tablespoons almond meal; beat together

thoroughly, drop into slightly heated gem irons, and bake fifteen minutes.

590. **Bran Biscuits**

Groups St P S M—F

To $1\frac{1}{2}$ cups **bran** and $1\frac{1}{2}$ cups **whole wheat flour** add 2 teaspoons **baking powder**, a little **salt** and **sugar**, and 3 tablespoons **shortening**. Moisten with sufficient **milk** to form a soft dough. Roll out half an inch thick, cut in small biscuits, and brush over with melted **butter**. Bake about twenty minutes in a hot oven.

591. **Bran Bread**

Groups St P M S F

Boil for twenty minutes 2 cups **bran** moistened well with cold **water**. When lukewarm, add 2 cups **white bread sponge**, $\frac{1}{4}$ cup **molasses**, 1 cup **raisins**, 2 tablespoons melted **butter**; mix, and stiffen with **bran**. Let rise, then put into pans. Let rise again and bake one hour.

592. **Bran Gems (1)**

Groups St P F S M

1 cup **sour milk**, $\frac{1}{2}$ teaspoon **soda** dissolved in hot **water**, 1 tablespoon **sugar**, 2 tablespoons **white flour**, 1 tablespoon melted **butter**, a pinch of **salt**, and **bran** enough to make a thick batter. Bake in well buttered gem pans until done.

593. **Bran Gems (2)**

Groups St P F S M

1 cup **sweet milk**, 1 teaspoon **baking powder**, 1 tablespoon **sugar**, 1 tablespoon melted **butter**, 2 tablespoons

white flour, a pinch of salt, and bran enough to thicken. Bake in well buttered gem pans.

594. Bran Muffins (1)

Groups St P F S M

1 cup flour, 2 cups bran, 1 teaspoon baking powder 2 tablespoons syrup, 1 well beaten egg, a little salt, and milk enough to make the batter soft. Beat together until well mixed.

595. Bran Muffins (2)

Groups St P F M S

2 cups bran, 1 cup white flour, 1 cup sour milk, a pinch of soda dissolved in a little hot water, 1 tablespoon molasses, 2 tablespoons melted butter. Mix ingredients well and pour into muffin pans. Bake fifteen minutes.

596. Brown Bread Muffins

Groups St P F M

Break into bits sufficient stale whole wheat bread to fill a quart measure. Cover with 1 pint cold milk and soak until soft. Beat to a smooth paste, add the well beaten yolks of 3 eggs, 1 tablespoon melted butter, and $\frac{3}{4}$ cup graham flour mixed with 1 teaspoon baking powder; fold in the well beaten whites of the eggs. Bake in muffin pans twenty minutes in a quick oven.

597. Boston Brown Bread

Groups St P—S F M

Put into a mixing bowl, 1 cup rye meal (not Bohemian rye), 1 cup corn meal, 1 cup graham flour and 1 cup

water-ground oatmeal, 3 cups sour or buttermilk, 2 cups sweet milk, $\frac{3}{4}$ cup honey or molasses, 2 cups raisins, 1 teaspoon salt and 1 level teaspoon soda dissolved in part of sour milk. Mix thoroughly and fill buttered molds three-quarters full. Cover molds tightly and steam four hours. Remove from molds and place in hot oven five minutes.

CORN MEAL BREADS

Corn breads made from the ground whole grain without soda or baking powder are the best quick breads. The pones, if made from home milled corn meal, with only the addition of water and a little salt, are deliciously appetizing and satisfying; but it is almost impossible to make a good article with the bolted meals.

598. Hot Water Corn Pone

Groups St M—F P

1 quart Indian meal, 1 teaspoon salt; sift meal, add salt and enough boiling water to form a stiff dough; dip the hands into cold water and mold dough into pones; have ready the oven and bake to a crisp brown.

599. Corn Meal Crisps

Groups St M—F P

To $\frac{7}{8}$ cup corn meal add gradually, while stirring constantly, 1 cup boiling water; when perfectly smooth add 1 teaspoon melted butter or oil and $\frac{1}{2}$ teaspoon salt; spread on a greased, inverted dripping pan and bake until well browned; cut into squares, remove from oven and arrange on a hot plate.

600. **Kentucky Corn Dodgers**

Groups St M—F P

Place your griddle where it will heat evenly; take 1 even pint of **corn meal**, 1 tablespoon **butter** or **oil**, a pinch of **salt**, a scant $\frac{1}{2}$ pint cold **water**; mix well and let it stand while you grease your griddle and sprinkle meal over it. Make dough into balls the size and shape of goose eggs; place in oven and bake to a golden brown.

601. **Corn Pone with Milk and Soda**

Groups St M—F P

1 quart **Indian meal**; add 1 teaspoon **soda**, 1 of **salt**, $1\frac{1}{2}$ cups sour **milk** and enough cold **water** to form a stiff dough; mold into pones with the hands and bake.

602. **Grated Corn Bread**

Groups St M—F P

Select fresh corn, too hard to eat cooked on the cob, grate with coarse grater; use 2 cupfuls **corn** to 1 of **flour**, 3 **eggs**, 1 teaspoon **salt**, 1 teaspoon **soda**, 1 cup sour **milk**, and bake in hot oven.

603. **Corn Muffins**

Groups St M—F P

1 pint **corn meal**, $\frac{3}{4}$ pint sour **milk**, 1 small teaspoon **soda**, 1 teaspoon **salt**, 2 **eggs**, 1 teaspoon **oil** and bake in greased muffin pans.

604. **Corn Bread**

Groups St P F M S

4 cups **corn meal**, 1 cup **flour**, 1 cup **sour milk**, $\frac{1}{2}$ cup **brown sugar**, 1 tablespoon melted **butter**, $\frac{1}{2}$ teaspoon **soda** dissolved in a little hot **water**, 2 **eggs**. Sift dry ingredients; separate the eggs, adding yolks to the mixture; just before baking, add the stiffly beaten whites.

605. **Cream Rolls**

Groups St P F M

Put 2 cups cold **water** into a bowl; beat with an egg beater until it bubbles, then add enough **graham flour** to make a very stiff dough; add a little **salt** and 2 well beaten **eggs**; knead thoroughly and shape into rolls; set in cool place two hours, then bake. For variety, **nuts** or **raisins** may be added.

606. **Graham or Bran Biscuits**

Groups St P F M S

4 cups **graham flour**, or 2 cups **bran** and 1 cup **flour**, 2 cups **buttermilk**, 1 teaspoon **salt**, $\frac{1}{2}$ teaspoon **baking soda**, $\frac{1}{4}$ cup **brown sugar**, $\frac{1}{2}$ cup **boiling water**, 1 tablespoon melted **butter** and 1 **egg**; dissolve the soda in hot **water**, add to the buttermilk, then add flour, butter, salt, sugar and egg. Beat well and bake.

607. **Pop-Overs**

Groups P St F—S M

1 cup **milk**, 1 **egg**, 1 cup **flour**, pinch of **salt**; beat ingredients thoroughly for three minutes with an egg-beater; put in hot buttered muffin pans and bake in a moderate oven half an hour.

RICE, MACARONI AND SPAGHETTI

To Cook Rice

In the following recipes we give different methods of boiling rice. Upon the proper cooking of rice depends its food value and its digestibility.

The natural unpolished rice should be used instead of the polished and artificially bleached product.

Unpolished rice contains only about seven parts per thousand of the positive mineral elements. The polished rice has been robbed almost entirely of its mineral elements and of the vitamins and fat. Natural rice requires a little longer cooking and is best cooked in the fireless. It has a delightful nutty flavor entirely lacking in the polished rice and when cooked looks oily as if butter had been added.

608.

Boiled Rice (1)

Groups St P

To 1 cup unpolished rice add 4 cups cold water and salt to taste; let come to boiling gradually; boil hard for about ten minutes, then keep on an asbestos mat over a low flame, with cover partly removed, until the water has steamed off. This will leave the rice dry and well cooked.

609.

Boiled Rice (2)

Groups St P M

Heat 1 quart of water to boiling, add gradually 1 cup rice; stir with a fork to prevent breaking the ker-

nels. Let boil five minutes, then place in a double boiler, cover, and let cook forty-five minutes. Toward the last remove the cover and allow the steam to escape. Or, after boiling five minutes, place in a fireless cooker for about three hours. In the latter case use 5 cups of water to 1 cup of rice.

610. **Boiled Rice (3)**

Groups St P M

To 2 cups slightly **salted** boiling water add $\frac{1}{2}$ cup **rice**; boil twenty minutes, then let cook in a double boiler one to two hours, keeping the water in the lower vessel boiling all the time. If the rice becomes too dry, add a little hot water.

611. **Rice Cooked in Milk**

Groups St P S F M

Pour 1 cup boiling **milk** over 1 cup **rice**, add a little **salt**, cook directly over the fire for one minute, then place in a pan half filled with boiling water or in a double boiler and cook about thirty minutes longer, or until all the milk has been absorbed. Or, cook in the fireless.

Served with **stewed fruit**, or with **brown sugar** and **butter** and a sprinkling of **cinnamon**, this is a delicious and nutritious dish especially relished by children.

612. **Boiled Rice, Chinese Style**

Groups St P M

Throw unpolished **rice** into a large kettle filled with rapidly boiling **water**, a few grains at a time so as not to check the boiling. Boil hard for forty minutes,

drain off the water, then let dry on the back of the stove or in the oven.

613. **Boiled Rice, Hindu Style**

Groups St P—M

Pick over unpolished rice, add it slowly to rapidly boiling water. When soft, put into a colander, pour cold water over, drain, and reheat the rice in the oven before serving. Prepared in this manner every grain of rice will be separate.

614. **Curried Rice Timbales**

Groups St P—F M

Cook 1 cup rice in double boiler with 4 cups water, a pinch of salt, and a little butter; when done, add 1 teaspoon curry powder; bake in buttered timbale molds.

615. **Empress Rice**

Groups St P F S M

Wash 1 cup rice and boil in 1 quart milk until tender; then add $\frac{1}{2}$ an ounce butter, salt to taste, and set aside to cool. Butter a baking dish, put in a layer of rice, sprinkle with grated cheese and a little paprika, then more rice and seasoning until the dish is filled. Pour 1 cup milk over, and bake in a moderate oven until the rice is done.

616. **Italian Rice**

Groups St P M

Put 1 layer of rice, Chinese style, into a baking dish and sprinkle with chopped onion and green peppers; cover with sliced tomatoes; then add another layer of

rice and so on until the dish is filled. Cover the top with grated **Parmesan cheese**. Pour 1 cup of boiling **water** over this, and bake about twenty minutes.

617. **Spanish Rice**

Groups M St P

2 cups washed **rice**, 4 cups strained **tomato**, 4 cups hot **water**, 4 small **onions**, 4 sweet **peppers**, chopped fine; add **salt** to taste, and cook in a double boiler until tender.

618. **Baked Noodles**

Groups St P F—S M

After the **noodles** are dried and cut (recipe 303), place in a buttered baking dish, dot with **butter**, then pour enough **milk** over to just show through; bake until a creamy consistency, and slightly browned.

619. **Noodles and Prunes**

Groups St P S M

Noodles boiled and drained, then slightly browned in **butter**, are nice served with **prune sauce**.

620. **Italian Spaghetti (1)**

Groups St P M—F

Put **spaghetti** into salted boiling **water** without breaking; boil about forty minutes; drain and put into a buttered baking dish, sprinkle with chopped **onion** and **green pepper**; cover with **seasoned tomato juice**; grate **Parmesan cheese** over the top, and bake.

621. Italian Spaghetti (2)

Groups St P F M

Put unbroken spaghetti in a fish kettle or long baking pan in which there is boiling salted water; cook until tender, drain carefully, and arrange on a heated platter. Cover with a sauce made as follows:

Heat 2 tablespoons butter, blend with it 1 tablespoon flour; when smooth add 1 pint tomato juice and about 1 dessertspoon onion juice; season, and cook, with steady stirring, until all the ingredients are well blended. Just before taking from the fire add 4 tablespoons **Parmesan** cheese. When this has melted, pour the sauce over spaghetti, and serve at once.

622. Baked Macaroni with Tomato Sauce

Groups St M P F

Boil $\frac{1}{2}$ pound macaroni; put a layer into a buttered baking dish and cover with tomato sauce. Repeat, making alternate layers until the dish is filled, having sauce on top. Sprinkle thickly with bread crumbs browned in oven. Place in oven until thoroughly heated and nicely browned on top.

623. Boiled Macaroni with Sauce

Groups St P M

Break macaroni into two-inch pieces, drop into plenty of rapidly boiling, salted water; let boil about thirty minutes, drain off the water and plunge in cold water to prevent sticking together. Drain and cover with hot white or tomato sauce, and stir gently over the fire until thoroughly reheated.

624. **Creamed Macaroni**Groups **St P F—M S**

Boil **macaroni** thirty minutes, drain, chop coarsely, and stew fifteen minutes with **milk** to barely cover, being careful to prevent scorching. Add a little **salt**, **white sauce**, and, if desired, grated **cheese**.

625. **Macaroni with Cheese**Groups **St P F**

Boil 1 pound of **macaroni**; fill a well buttered baking dish with about half the quantity of macaroni, dust with **salt**, cover thickly with grated **cheese**, add the remainder of the macaroni and another generous layer of **cheese**. Pour in 1 cup of **white sauce**, dot with bits of **butter**, and bake about thirty minutes.

626. **Macaroni in Tomato Shells**Groups **M F P St—S**

Break 2 ounces of **macaroni** into short lengths, cook rapidly in boiling **water** about twenty minutes, then drain. Rub the yolks of 2 hard boiled **eggs** to a paste and add gradually 5 tablespoons **cream**. Heat 2 tablespoons **butter**, sift in 1 tablespoon **flour** and stir in a double boiler until perfectly blended; add the egg, cream, and $\frac{1}{2}$ cup **milk**, stirring until thick and creamy, then add 1 teaspoon **salt** and a dash of **paprika**. Pour this **sauce** over the macaroni and add 2 tablespoons grated **cheese**.

Cut a plug from the stem end of firm, ripe **tomatoes**, scoop out the centers carefully, arrange in a baking dish, fill centers with macaroni, cover with fine **bread crumbs** and bake twenty minutes in a moderate oven. Serve on **toast** with sauce made from the **tomato pulp**.

627. Macaroni with Tomato

Groups St P M F

Boil 1 pound of macaroni until tender; make a cream sauce with 1 cup milk and 1 tablespoon flour; add a little grated cheese, seasoning, and 1 large tomato, cut in pieces; mix, put into a buttered baking dish, dot with butter, and bake half an hour.

628. Macaroni Quenelles

Groups St F P—S M

Cut 1 cup cooked macaroni in small pieces; bring 1 cup milk to the boiling point, pour milk over 1 cup bread crumbs; add macaroni, 2 tablespoons butter, 2 eggs, a little chopped parsley, and seasoning; cover and steam one hour; serve with cream sauce.

DAIRY PRODUCTS

Key to reference letters: **St**, starches; **S**, sugars; **F**, fats; **P**, proteids; **M**, mineral elements.

There is something in animal food which we cannot secure from purely vegetable food—and that is the animal (magnetic) life element, or, as we usually call it, the animal magnetism. Each kingdom in nature is animated and controlled by a higher form, or element, of the great life force. This aspect of the diet question, which is entirely left out of consideration by most of our vegetarian friends, is fully treated in Part II of this volume.

However, in order to secure the benefit of the animal magnetism contained in animal foods, we do not have to eat meat contaminated with all the impurities of the animal carcass. We can secure all we need of this animal life element in the dairy products in the purest and best possible form.

Flesh foods we have to boil, bake, fry or spice heavily in order to disguise the unpleasant taste and odor of the dead flesh, and thereby much of the animal magnetism is lost. All the dairy products we can eat raw and in that way derive the full benefit of the animal magnetism which they contain. Therefore the liberal use of the dairy products is of especial importance in the cases of weak, negative persons who have become so depleted in nerve force that they are not able to liberate and generate their own animal magnetism in sufficient quantities.

Milk

Milk is the one perfectly normal and therefore standard food in nature. It contains all the elements (page 402) in exactly the right proportions which the newborn and growing animal or infant needs for all the requirements of its rapidly developing body. These statements frequently bring forth the question, "Why then not live on milk entirely?" We have answered this question in Volume II, *Practice of Natural Therapeutics*, and have therein outlined a milk and fruit diet which we have found most beneficial in our work.

Buttermilk

Buttermilk is an excellent food for those with whom it agrees. In many instances a straight buttermilk diet for a certain period will prove very beneficial. This is especially true in all forms of uric acid diseases.

Sour Milk or Sumik

Sour milk or clabber also has excellent medicinal qualities, and may be taken freely by those with whom it agrees. Sour milk prepared in the following manner can be taken by many who cannot digest milk or buttermilk: Let the milk, with full cream, stand in a covered glass jar in the sun until it coagulates, but does not completely separate into curds and whey. Turn out into a bowl and whip with an egg beater until it is of a creamy consistency. Taken with a few dates this forms a most palatable and nourishing meal.

Cream and Butter

Cream and butter contain only the fat of the milk which rises to the top on account of its comparative lightness. The valuable protein materials and mineral salts remain in the skimmed milk. The latter is therefore not to be despised for its food values.

In fact, its medicinal values are very much greater than that of cream or butter. We often find that our patients digest the skimmed milk much better than the full milk. Butter is not improved by the large amount of inorganic salt which it usually contains. The large amount of coloring matter is also often detrimental to health. The best butter from a hygienic standpoint is the sweet, unsalted and uncolored butter.

Baby Feeding

The practice of feeding babies on cream diluted with barley water mixed with inorganic mineral lime water, baking soda, milk sugar or table salt is positively harmful and preposterous in the face of the fact that human or cow's milk contains all the elements of nutrition in exactly the right proportions and the valuable mineral salts in the live organic form in which nature intends them to serve as foods for animals and human beings. The cream and barley water are practically devoid of these all important mineral elements, and the inorganic substitutes act as poisons to the system rather than as wholesome foods.

For the foregoing reasons good cow's milk is the only natural substitute for human milk. Our analyses show that the difference in composition between cow's milk and human milk is not enough to affect the infant.

The danger lies not so much in overfeeding on "rich" cow's milk as in underfeeding on watered milk and cereal dilutions, and in poisoning the little body with inorganic minerals.

If undiluted milk proves too rich, grain water may be added. In order to prepare this, take clean grain as it comes from the field, crush it in a new coffee mill, take 3 tablespoons of the crushed grain to one pint of cold water, heat and boil for one hour. While the gruel is boiling, add enough water to allow for evaporation and absorption, then strain and add to milk 1 part of this grain extract to 2 parts of milk. Change these proportions if necessary.

When baby is constipated, add extract made from oats, and frequently cool the bowels with cold water applications. This will cure the most stubborn constipation. If the bowels are too loose, add extract made from barley or wheat.

Fruit juices and scraped raw apple are baby's finest medicines. They increase the supply of organic salts for blood, nerve and bone building and for purposes of elimination.

During the first two months give one teaspoonful of orange juice, grapefruit juice or scraped apple one hour before or after each nursing. After the second month gradually increase the amounts of fruit.

For fuller information in regard to baby feeding see Volume II, *Practice of Natural Therapeutics*, Part IV, "Baby Book," pages 356-368.

Cheese

Cheese is a very concentrated food. If made from full milk it contains the protein, fat and sugar of the

milk and if made from skimmed milk (cottage cheese) it contains only the protein and sugar, but all kinds of cheese have been robbed of the larger part of the organic mineral salts. These are extracted from the curds by the withdrawal of the whey.

This makes cheese a very unbalanced food, too rich in the proteins, fats and sugars, and in proportion altogether too poor in the organic mineral salts. The compactness of the cheese interferes with its solubility and with the penetration of the digestive juices. Furthermore, the casein has been rendered less digestible through the cooking of the cheese. This explains why cheese is a "heavy" food, hard to digest and to assimilate and why for many people it is constipating.

The processes of fermentation and decay which many kinds of cheese undergo before they are ready for consumption are not at all appetizing or conducive to good health.

Cottage cheese in these respects is far superior to the more expensive, highly spiced and fermented brands. It is more easily digested because it has not been subjected to the cooking process, and is not as sticky and compact.

Cooking coagulates and solidifies the albumen of the milk in similar manner as the white of egg. All protein foods, including meats, are therefore rendered less digestible by cooking.

629.

Cottage Cheese

Groups P F—M

Either whole or skimmed milk may be used, but in the use of whole milk more or less of the cream will drain off with the whey. The milk should be quickly

soured to a thick clabber. The vessel may then be placed over a low fire or at the back of the range where the milk will heat slowly to a little above blood heat, and remain so for about half an hour or until the curd and whey have separated. The curd should be slightly coagulated but not tough or stringy. Pour into a cheese-cloth bag and hang until the whey has all drained off. Then crumble or mash the curd fine, salt slightly and mix with sweet cream.

If the cheese is to be molded into balls or other forms, just enough thick sweet cream must be used to allow the mass to be easily shaped. Chopped nuts may be added with the cream, or the cheese may be mixed with a small quantity of peanut butter or minced pimienta for variation.

630. Baked Cheese and Zweiback

Groups St P F—M

Arrange 6 zweiback, spread with butter, in a baking pan; pour 1 cup boiling water over to soften them, cover with $\frac{1}{4}$ pound grated cheese. Beat the yolks of 2 eggs with 1 pint milk and a little salt. Fold in the whites of the eggs, beaten very stiff; pour this mixture over the zweiback, and bake fifteen to twenty minutes.

631. Boston Rarebit on Toast

Groups F P St—M

Grate 1 pound cheese, put into a saucepan with 4 tablespoons butter; add a little salt and mustard and keep stirring constantly; when well mixed, add $\frac{1}{2}$ cup cream; stir until smooth, then add 2 well beaten eggs;

stir hard for a moment, then remove from the fire; a little more **cream** may be added to make it of the right consistency; serve on **buttered toast**.

632. **Cheese Cream with Rice**

Groups **F P St—M**

Heat 2 tablespoons **butter** with 1 tablespoon **flour** and stir until smooth; add 2 tablespoons **cream**, **seasoning** to suit taste, and 1 cup cold boiled **rice**. Let boil up, then add 1 scant cup grated **cheese**. Serve on **toast**, dusted lightly with **paprika**.

633. **Cheese Cutlets**

Groups **F P St—M**

Combine 2 tablespoons **butter** and 4 of **flour**, a little **salt** and **paprika**; stir in 1 cup **milk**; cook until it thickens, then add 2 cups grated **cheese**; when melted, spread one inch thick on a greased dish, and when cold form into cutlet shape; roll in fine **bread crumbs**, then in beaten **egg**, again in **bread crumbs**, and brown in oven.

634. **Cheese Fondue (1)**

Groups **P F St—M**

Scald 1 cup of stale **bread crumbs** with 1 cup of half **milk** and half **water**; add a scant cup grated **cheese** and the beaten yolks of 3 eggs. Beat the whites of the eggs with $\frac{1}{2}$ teaspoon **salt** to a stiff froth, fold into the other mixture, and bake in a buttered pan about twenty minutes.

635. **Cheese Fondu (2)**

Groups P F St—M

Place 1 cup **cheese** and 1 cup **bread**, cut in half-inch cubes, in alternate layers in buttered baking dish. Beat 1 **egg** with $\frac{1}{2}$ teaspoon **salt** and dash of **Cayenne** adding gradually 1 cup sweet **milk**. Pour over bread and cheese mixture, sprinkle grated **cheese** on top, and bake in moderate oven twenty-five minutes, or until set like custard.

636. **Cheese Timbales**

Groups F P—M

To the well beaten yolks of 4 **eggs** add $\frac{3}{4}$ cup grated **American cheese**, $\frac{1}{2}$ cup **cream** and the whites of eggs, beaten to a stiff froth. Bake slowly about twenty minutes in buttered timbale molds.

637. **Cheese Toast**

Groups F P—St M

Beat 1 **egg** into 1 cup sweet **milk**, add 1 tablespoon **butter** and $\frac{1}{2}$ pound grated **cheese**. Heat the mixture in a double boiler, stir until smooth, and pour over slices of toasted whole wheat **bread**, arranged on a heated platter.

638. **English Monkey**

Groups F P—St M

Soak 1 cup stale **bread crumbs** in 1 cup **milk**; melt $\frac{1}{2}$ cup **cheese** and a lump of **butter** together, add the bread crumbs and 1 **egg**, lightly beaten. Season with **salt**, let cook about three minutes, and pour over hot buttered toast.

EGGS

Key to reference letters: **St**, starches; **S**, sugars; **F**, fats; **P**, proteids; **M**, mineral elements.

Many people when they give up the use of meat seem to think that they must eat a great many eggs in place of it. Others eat large quantities of peas, beans, cheese or other heavy, protein foods, in order to make good for the loss of the “nourishing” meat.

This, however, is a mistake. The system may become saturated with poisonous acids, alkaloids and albuminoids by the excessive consumption of vegetable protein as well as by meat eating. Eggs also contain considerable quantities of uric acid, in the ready made form—it is claimed about five grains to the pound.

The white of egg is almost pure albumen, which is a form of protein material. The yolk contains large amounts of fats and various combinations of phosphorus and sulphur. The two last named elements tend to create, during the process of digestion, considerable quantities of sulphurous acid, an ill-smelling gas, identical with ordinary sewer gas; also sulphuric acid, commonly called vitriol; phosphorus and phosphoric acid; all of which, if they accumulate in the system, may become very harmful or destructive to the organism.

In view of these facts, it seems preposterous to stuff consumptives and other invalids, suffering from “wasting” diseases, with enormous quantities of eggs, which their weak digestions cannot digest and which are bound to decay in their digestive organs and to fill the system with poisonous acids, gases and alkaloids of

putrefaction. These patients cannot properly digest and assimilate a few eggs a day—if they could they would not waste away so rapidly. What then is the use of overloading their weak digestive organs with enormous quantities of indigestible ballast.

However, in moderate quantities, white of egg is a most valuable invalid food. When the powers of digestion are at the lowest ebb, raw white of egg, fluid or beaten, with or without fruit juices, is usually more easily digested and assimilated than any other kind of food.

Eggs are of great nutritive value when eaten raw, soft boiled, or poached. Prolonged boiling or frying coagulates the albumen, making it hard and tough and therefore less digestible.

639. **Soft Cooked or Coddled Eggs**

Groups P F M

Eggs should not be cooked in boiling water in the usual way; this hardens and toughens the albumen and makes them difficult to digest. A much better way is to have ready a saucepan containing enough boiling water to cover the eggs. Lower eggs quickly into water; cover immediately. Remove saucepan to cooler part of stove and let stand from four to six minutes. Take from water and serve.

640. **Hard Cooked Eggs**

Groups P F M

Follow recipe for soft cooked eggs, but allow eggs to remain in water thirty to forty minutes. Temperature of water should not exceed 180 degrees F. Remove

from water and plunge at once into cold water to prevent discoloration of yolks, which cooked in this way will be solid but still tender and easily digested.

641. **Poached Eggs (1)**

Groups P F M

Have ready a shallow pan of gently boiling **salted water**, allowing 1 teaspoon salt to 1 quart of water. Break **eggs** carefully into a saucer and slip them into water. The water should cover the eggs. Remove the pan to a cooler part of the stove and let stand until the white is firm and a thin film covers the yolk. Lift the eggs carefully with a perforated skimmer and place on pieces of **buttered toast**. Garnish with **parsley**. The temperature for cooking poached eggs should not exceed 180 degrees F. **Milk** used instead of water imparts a delicate flavor to the eggs.

642. **Poached Eggs (2)**

Groups F P—M

Into the small tin pans made for poached or shirred eggs place a little melted **butter** or **olive oil**; break a fresh **egg** into each, place in a shallow pan filled with boiling water, or in a hot oven, and cover closely. The eggs will be ready to serve in from three to five minutes.

643. **Poached Eggs with Tomato Sauce**

Groups F P M—St

Cook 6 **tomatoes** with 1 medium sized **onion** and a little minced **parsley**, then press through a sieve; **season** and thicken with a little **cornstarch**; pour over **buttered toast**, and top with **poached eggs**.

644. Eggs and Tomatoes (1)

Groups M F P St

Choose even, medium sized tomatoes; wash and remove part of pulp from the stem end; season and break an egg into each cavity; place in a buttered baking pan; add enough water to prevent burning, and bake in a moderate oven until the eggs are cooked sufficiently; serve on buttered toast.

645. Eggs and Tomatoes (2)

Groups M F P

In 2 tablespoons of butter or olive oil, heat 1 onion, minced fine, until soft and yellow; add 1 quart of tomatoes, fresh or canned; let stew slowly about thirty minutes. When ready to serve drop eggs (as many as required) into the tomatoes, cover a few minutes until the eggs are set, then pour carefully into a heated dish. Serve at once.

646. Eggs, Spanish Style

Groups F P St—M

Wash 1 cup rice, cook one-half hour in 2 quarts of boiling salted water, and drain; add 1 tablespoon of butter, spread lightly on a heated platter, place poached eggs over the top, dust lightly with salt, and serve.

647. Egg on Toast (for Quick Service)

Groups St F P—M

Toast slices of bread on one side, spread butter on the other, break an egg on each slice; place in the oven. When the egg is done the bread will be toasted and ready to serve.

648. **Scrambled Eggs in Rice Mold**

Groups St F P—M

Boil **rice**, pack closely in a heated and well buttered dish or mold. After a few minutes turn out on a heated platter, scoop out the center, fill with scrambled **eggs**, prepared as directed in recipe 657.

649. **Eggs Scrambled with Tomatoes**

Groups F P M

To each **egg** used add 1 tablespoon of strained **tomatoes**, $\frac{1}{4}$ teaspoon grated **onion**, salt to taste, and 2 tablespoons melted **butter**. Beat lightly and cook in a double boiler. Serve on squares of **toast**.

650. **Eggs Scrambled with Green Peas**

Groups F St P M—S

Reheat **peas** in a skillet with a lump of **butter** and a little **water**, season to taste, and add 1 tablespoon minced **parsley** or **mint**. Add well beaten **eggs** (as many as required), stir constantly until all the egg is set, but not too hard. Serve at once with hot **buttered toast**.

651. **Poached Eggs in Potatoes**

Groups F P St—M

Cut **baked potatoes** in halves and scoop out the centers; rub through a sieve, add 1 tablespoon **cream**, a little **salt**, then line the **potato shells** with this; sprinkle with grated **cheese**, place a **poached egg** in each; sprinkle **cheese** over the eggs, then cover with **white sauce**; let brown in the oven.

652. Eggs and Cheese Cream (1)

Groups F P—M St

Heat together 1 tablespoon of butter and 2 tablespoons grated cheese; when well blended, add 3 eggs, well beaten and seasoned; stir lightly until the eggs are set, but not hard. Serve on toast.

653. Eggs and Cheese Cream (2)

Groups F P—M

Melt 2 tablespoons butter, add 2 tablespoons grated cheese, and 1 teaspoon minced parsley or chervil. When cheese is melted, add 4 well beaten eggs, a little salt and paprika, a dash of nutmeg, and $\frac{1}{2}$ teaspoon French mustard. Dust with paprika and serve on toast.

654. Eggs à la Suisse

Groups F P—St M

Bread fresh eggs into custard cups or small casseroles, sprinkle with salt and a little grated cheese. Pour in enough rich milk or cream to nearly cover, and bake in the oven about five minutes. Serve immediately on toast.

655. Escalloped Eggs (1)

Groups P F St—M

Mix equal parts protose and fine bread crumbs; season with salt and butter, adding milk to moisten until quite soft; half fill gem pans with this mixture and break egg carefully upon the top of each; dust with salt and powdered crackers and bake eight minutes. Serve immediately.

656. **Escalloped Eggs (2)**

Groups St F P—M

Moisten coarse **bread crumbs** with **milk**, add **seasoning** to taste, a little melted **butter**, and some minced **parsley**. Fill gem pans about half full, carefully break an **egg** into each, dust lightly with **salt**, cover with sifted **bread crumbs**, dot with bits of **butter**, and bake eight minutes.

657. **Scrambled Eggs**

Groups F P—M

Beat the **eggs** slightly, adding **salt** to taste, 2 teaspoons of melted **butter**, and 1 tablespoon of **water**, **milk** or **cream** to each **egg** used. Water is preferable, as the eggs will be lighter. Cook in a double boiler, or in a pan set in boiling water, stirring constantly until the eggs are set. Serve garnished with **parsley**.

This dish may be varied by adding finely minced **parsley**, **leek**, **green peppers**, or any cooked vegetable like **green peas**, chopped **spinach**, **asparagus**, **string beans**, **potatoes** or **carrots**, cut into small dice. Left-overs may be utilized in this manner.

658. **Eggs à la Goldenrod**

Groups F P St—M

To 2 cups of good **white sauce**, add the whites of 2 hard boiled **eggs**, chopped fine. Pour over hot **buttered toast**. Press the yolks of the eggs through a ricer, so as to represent sprays of goldenrod, and sprinkle over all.

659.

Plain Omelet

Groups F P—M

Separate yolks and whites of **eggs**; beat the yolks, adding **salt** to taste, and 1 tablespoon of **milk** or **water** for each egg. Beat the whites and fold into the yolks. Have ready on the flame an omelet pan with hot **butter** or **olive oil**; put in the eggs, take from the fire and set on the hot stove or into a pan of boiling **water**. When sufficiently set, loosen around the edge with a knife, fold one-half of the omelet over, and slip out of the pan onto a heated platter. Garnish with sprigs of **parsley** and serve at once.

660.

Omelet

Groups F P—M

Take 1 tablespoon of **butter** and a small quantity of chopped **parsley**; heat in a pan; add 5 well beaten **eggs** mixed with 1 cup **milk** and a little **salt**; stir slowly from the bottom of the pan, roll, and serve on a hot platter.

661.

Corn Omelet

Groups St S P F M

Grate the kernels from 4 ears of sweet **corn**; beat 3 **eggs** with 3 tablespoons **cream**, and turn into a hot buttered pan; when the eggs set add the corn; **season** and serve the usual way.

662.

Economical Omelet

Groups F P St—M

Separate the yolks and whites of 3 **eggs**; beat the yolks, adding $\frac{1}{2}$ cup **milk** or **water**, and **seasoning**,

then stir in 1 cup whole wheat bread crumbs; beat the whites and proceed as directed in recipe 659. Cook until under side is nicely browned, then cut in sections and turn separately to brown other side.

663. **French Omelet**

Groups F P—M

Beat 4 eggs, add 4 tablespoons milk, 2 of melted butter, and a little salt; beat well and pour into a hot buttered pan; draw the edges toward the center with a knife until the whole mass is of a creamy consistency, then let brown quickly; fold, and turn out on a hot platter.

664. **Fruit Omelet**

Groups M F P—St S

Use apple sauce or stewed pears, peaches, plums, berries or raisins. To 1 pint of sauce add 1 tablespoon fresh butter, sugar to taste, and a little cinnamon or nutmeg if desired; when cold, add 5 well beaten eggs. Bake in a buttered pan until brown, and serve with whole wheat bread.

Grated raw apples make a delicious omelet.

665. **Jelly Omelet**

Groups F P S—M

Proceed as directed in recipe 659. When folding, place 1 or 2 tablespoons of jelly between. Or make a **Vegetable Omelet** with cooked vegetables in place of the jelly.

666. **Egg Strawberry Shortcake**

Groups F P St M

Make 2 omelets according to directions for making plain omelet; put one on a heated platter, cover with strawberries, then place the other on top. If desired, garnish with whipped cream.

667. **Baked Eggs**

Groups P F—St M

In a buttered baking dish arrange hard boiled eggs cut in half lengthwise; dust with salt, sprinkle lightly with grated cheese, and cover with white sauce to which a few drops of onion juice have been added. Put a layer of bread crumbs on top and place in the oven until thoroughly heated and nicely browned.

ROASTS, CROQUETTES AND STEWS

Key to reference letters: **St**, starches; **S**, sugars; **F**, fats; **P**, proteids; **M**, mineral elements.

Roasts and croquettes prepared from protein and starchy foods, such as roots, tubers, pulses, cereals and nuts, mixed with vegetables and fruits, in the vegetarian diet take the place of the meat-eater's steaks, chops and roasts. Many of the recipes herein given closely resemble meats in appearance and in taste as well as in similarity of elements of nutrition.

While these preparations may not appeal to some of our vegetarian friends who prefer their food in the natural form, we have added a number of recipes for palatable vegetable roasts and croquettes for those who want them. These "near meats" may be too heavy for people with weak digestions, and we do not recommend them for the everyday diet, but they furnish a pleasing variety for occasional use.

Since legumes and nuts enter largely into these combinations it may be well to discuss briefly here the qualities of these foods, in order that the recipes which follow may be used understandingly.

Leguminous Foods

The principal representatives of this class of foods are peas, beans and lentils. They are also called pulses. These foods are exceedingly rich in proteid and starchy

materials. While the costliest beefsteak contains from 70 to 75 percent of water, and very unclean water at that, the pulses contain only about 10 percent water, with all the rest solid nourishment. While meat contains about 20 percent proteid, the pulses contain from 20 to 25 percent proteid and in addition to that from 50 to 54 percent of starches.

It is the very richness of these foods in the negative, acid forming proteid and starchy elements, which with the cereals makes them, next to meat, the greatest of danger foods.

The proteid materials of the pulses are made up of six elements, carbon, oxygen, hydrogen, nitrogen, phosphorus and sulphur. In the digestion and other vital processes in the system these food materials are broken down, and the elements composing them may form many kinds of poisonous acids, alkaloids and ptomains.

On the other hand, these foods are very poor in the acid binding and eliminating positive mineral elements. Almost all diseases arising in the human organism are caused originally by the accumulation of these morbid materials mentioned above.

The effect of these poisons has been described in Chapter XXIX, *Philosophy of Natural Therapeutics*, and in Part II of this volume.

Young peas and beans, however, as long as they are in the pulpy, juicy stage, are low in proteid and starchy materials, but rich in sugar and the positive alkaline mineral elements. As the ripening process continues, a great chemical change takes place—a considerable percentage of the mineral elements recede into the leaves and stalks of the plant, while the seed greatly increases in protein and starchy elements. Therefore, sweet, young, juicy peas and beans belong to Group V

(mineral group), while when ripe and hardened they belong to Groups I (starches) and IV (proteids).

In view of the fact that the pulses and cereals possess about three times the amount of nourishing materials as meat, the popular belief in the extraordinary nourishing qualities of meat seems pure superstition.

As stated before, the danger in the cereals and leguminous foods lies in their being too rich in the proteid and starchy elements. This becomes more apparent when we compare these food classes with our standard food—milk. We find that milk, which nature provides as food for the newborn and grown animal, contains only 4 percent of proteid and 5 percent of sugar, while the pulses contain about 25 percent of proteid and 50 to 54 percent of starches. Yet we would expect that the young and growing animal and human bodies need much more of the cell and tissue building proteid than the full grown and completed adult body. The food of the calf after weaning, in natural surroundings, consists wholly of green vegetation.

On account of their great richness in the negative, acid forming proteid and starchy materials, the pulses and cereals must always be combined with the foods of the fifth (mineral) group, which are low in proteids and starches and run comparatively high in the positive mineral elements that neutralize and eliminate the poisonous acids and alkaloids produced by the negative acid forming foods.

Do not use vinegar with the pulses; always use lemon juice when an acid flavor is desired. The latter is rich in the positive mineral elements, while vinegar is entirely devoid of them, and being a strong antiseptic it retards the digestion of the already heavy pulses.

Nuts

Nuts are the richest of all foods. They contain only about 5 percent water, while the highly priced meats contain from 70 to 75 percent water. Nuts contain about 17 percent of proteid, many times more than Nature's standard in the milk (4 percent), and in addition to this from 50 to 75 percent of fat. For these reasons nuts should be used sparingly only, and always in connection with foods of the fifth group.

Considering the great richness of the nuts in proteids and fats, it is no wonder that people complain about "nuts not agreeing with them," especially when a large amount of them is eaten after a heavy meal of meats and other foods. In the natural diet, nuts, pulses and cereals are used in place of meat, not with meat.

The cocoanut differs from other nuts in that it contains less fats and proteids and more organic salts. The meat of the cocoanut, together with its milk, comes nearer to the chemical composition of human milk than any food product in existence.

Some vegetarians allow peanuts a prominent place in their diet. But this is a mistake, since peanuts contain a higher percentage of proteid (33 percent) than almost any other article of food, and also considerable xanthins, which have the same deleterious effects upon the system as an excess of uric acid.

Pignolia or pine nuts, though very rich in proteids and fats, seem to be more easily digested than most other nuts. We have always found them a most valuable food for people with weak digestion.

A generous quantity of popcorn eaten with black walnuts or butternuts balances the large amount of fat in these nuts and so tends to prevent digestive trouble.

668. **Unfired Nut Loaf**Groups **F P**—St **M S**

1 cup ground almonds, 2 tablespoons each **English walnuts** and rolled oats, pounded together. Mix all, moisten with sweet **milk** or **cream**, season with **celery salt** and a little **paprika**; pack into a mold and place in the refrigerator for one hour. Turn out, garnish with sprigs of **parsley**, and serve with slices of **lemon**.

669. **Vegetable Roast**Groups **M S St F P**

Pare and cut into large dice equal parts of **carrots**, **turnips**, **parsnips** and **German celery roots**, enough to make 2 quarts, and cook until tender. Chop fine, mix with 1 large **Spanish onion** and a handful of minced **parsley**. Add 1 cup whole wheat bread or cracker crumbs, 1 cup green peas, fresh or canned, 2 well beaten eggs, $\frac{1}{2}$ cup **cream** and seasoning to taste. Bake in a well buttered pan until nicely browned. Serve hot with **tomato sauce**.

670. **Corn Roast**Groups **S F P M St**

1 pint sweet **corn**, scraped from the cob, 2 eggs, $\frac{1}{2}$ cup bread or cracker crumbs, $\frac{1}{2}$ cup **cream**, and seasoning. Stir together and bake in a buttered pan until brown.

671. **Corn and Nut Roast**Groups **F P S M St**

2 cups grated **corn**, 1 cup ground **nuts**, 1 cup bread or cracker crumbs, 2 eggs, $\frac{1}{2}$ cup **cream** and 1 small

onion, minced; season, mix well, shape into loaves and bake.

672. **Corn and Nut Loaf, Steamed**

Groups F P S St—M

Mix 2 cups grated corn with 1 cup bread crumbs, $\frac{1}{2}$ cup chopped English walnuts, 1 cup milk, 2 well beaten eggs, and seasoning; steam until it becomes firm, turn out on a hot dish and brush over with beaten egg, cover with bread crumbs, and set in the oven to brown; serve with any sauce preferred.

673. **Sanitarium Roast**

Groups St P F M—S

Soak 1 quart of lima beans over night; cover with cold water and let cook until almost soft; grind fine with 1 cup walnuts, then add about 6 chopped tomatoes, $\frac{1}{4}$ cup olive oil, and seasoning to taste. Shape into loaves and bake in a well buttered baking pan about forty minutes, then brown. Baste frequently with equal parts lemon juice and melted butter. Serve hot, garnished with onion rings.

674. **Jambalaya**

Groups M St P—F

Into a buttered baking dish put 1 cup of unpolished rice, 2 onions, 2 red sweet peppers, chopped fine; 1 quart tomatoes and 1 cup mushrooms, cut into dice; mix well, and season with salt and a little mace. Put bits of butter on top, pour 1 pint of water over the whole, and bake slowly about two hours, adding a little hot water from time to time, as required.

675. **Lentil Soufflé**

Groups St P—M

Make a thick lentil purée; to 1 cup of purée add the stiffly beaten whites of 2 eggs; bake in a moderate oven about half an hour; serve at once.

676. **Mexican Chili**

Groups St P M—F

Soak 1 pint of Mexican beans over night; put on to cook with sufficient cold water to cover. When about half done add 2 green peppers, chopped fine, 2 Spanish onions, and 6 large tomatoes. Cook slowly until tender; salt and add a generous piece of butter.

677. **Hungarian Barley**

Groups St P M S F

Wash 2 cups barley, pour boiling water over, and soak over night; put on to cook with 1 Spanish onion, cut in dice, 2 carrots, 1 can savory protose, 1 sweet pepper, and 3 or 4 tomatoes, cut fine; cook until tender, and serve with brown butter or tomato sauce.

678. **Rice Roast**

Groups St M F P

Mix 2 cups cold cooked rice, 2 tomatoes and 1 onion, chopped fine, 1 cup raw peanut meal and a little salt, form into loaf, and bake about forty minutes. Baste occasionally with equal parts hot water and melted butter. Serve with any suitable sauce.

679.

Risotto

Groups St F P M

To $\frac{1}{4}$ pound of butter add 1 chopped onion; cook until the onion is a yellow color; add 1 quart of Chinese rice (recipe 612), and stir until thoroughly mixed; add $\frac{1}{2}$ cup of grated cheese and a little nutmeg; put into a buttered baking dish and almost cover with well seasoned soup stock. Bake about twenty minutes.

680.

Mock Veal Roast

Groups St F P—S M

Soak 1 cup lentils and 1 cup lima beans over night; drain, and boil until tender; drain again and run through a vegetable grinder with 1 cup shelled peanuts; mix with 2 tablespoons melted butter, 1 cup bread crumbs, 2 eggs, salt, and sufficient milk to make the right consistency. Shape into a loaf and bake in a moderate oven, basting frequently with melted butter.

681.

Muk Lou Beh

Groups F P St S M

Chop $\frac{1}{2}$ pound of nuts rather fine; put into a frying pan with 2 tablespoons melted butter; let cook a few minutes, then turn into a buttered baking dish; cover with cooked and sliced eggplant and sprinkle with salt, minced onion and parsley; then put a layer of cooked rice, and so on, until the dish is filled; cover with well seasoned vegetable stock; bake in a moderate oven.

682. **Nut Roll**

Groups St F P S M

Boil 6 good sized **potatoes**, then peel and grate them; add 3 dozen rolled **crackers**, $1\frac{1}{2}$ cups **nuts**, 1 large **onion** chopped, and a little **sage**; make a hollow in the center, then pour in 4 well beaten **eggs**, 2 table-spoons **oil** and a little **salt**. Mix thoroughly, then mold into a roll and place in a buttered baking pan; bake in a moderate oven for one hour; baste with melted **butter** and **lemon juice**.

683. **Nut and Cheese Roast**

Groups F P St S M

Chop 1 **onion** fine, cook a few minutes in a table-spoon of melted **butter**; add a little **water**, mix with 1 cup **bread crumbs**, 1 cup grated **cheese**, and 1 cup chopped **English walnuts**; add the juice of 1 **lemon**, 2 **eggs** well beaten; **season** to taste, and add more **bread crumbs** if necessary; turn into a buttered baking dish and bake in a moderate oven. Serve with **white sauce**.

684. **Nut Loaf**

Groups F P St—F S

Put through a vegetable grinder sufficient **nut meats** to measure $1\frac{1}{2}$ cups—**almonds**, **English walnuts**, **hazel** and **hickory nuts** may be used, also **butternuts** and **black walnuts**, but these should be used sparingly because of their pronounced flavor; add to the chopped nuts, 1 pint stale **bread crumbs**, **salt**, and 1 teaspoon of any kind of **sweet herbs**. Mix well and add sufficient boiling **water** to moisten; cover closely and let

stand for ten minutes to swell, then add another cup of hot water and turn into a well greased loaf pan. Bake for one hour in a moderate oven and serve hot with brown or tomato sauce. This dish may also be served cold, sliced, with mayonnaise dressing.

685. **Nut Loaf with Rice**

Groups St F P—S M

Mix together 2 cups cooked rice and 1 cup ground nut meats; add 2 cups milk and a little salt. Fill a shallow baking pan, sprinkle with fine bread crumbs and grated cheese and bake about thirty minutes. Serve with any preferred sauce.

686. **Macaroni Loaf, Steamed**

Groups P St F—M

Cook $\frac{1}{2}$ pound macaroni in boiling water thirty minutes; drain and chop fine; add 1 can savory protose, broken into small pieces, 1 egg, seasoning, and 1 cup good white sauce. Put into a buttered mold and steam two hours. Serve with tomato sauce.

687. **Vegetable Turkey**

Groups F P St M S

2 cups each of mixed nuts, chopped or ground, and coarse whole wheat bread crumbs, add 1 cup cream, 2 eggs, salt, paprika and powdered sage. Mix well, shape into a loaf somewhat resembling a dressed turkey. Place in a baking pan, surround with pared and quartered potatoes, and roast about thirty minutes until the potatoes are tender and the loaf nicely browned. Baste with equal parts hot water and melted butter. Transfer carefully to a heated platter, garnish with

parsley and sections of **lemon**. Serve in a border of the roasted potatoes, with **brown gravy** and **cranberry sauce**.

688.

Chestnut PieGroups **F P St—M**

Heat 2 **onions**, chopped fine, in **butter** until lightly browned; mix with blanched **chestnuts**, cut in halves and previously cooked in **water** enough to cover until soft. **Season** to taste, pour into a buttered baking dish lined with **mashed potatoes**, cover with a layer of **potatoes**, heat thoroughly in the oven, letting the top crust get nicely browned.

This dish is delicious if served with **cranberry sauce**.

689.

Chestnut Roast (1)Groups **F P St**

Steam 1 pound blanched **chestnuts** until nearly tender; run through a vegetable grinder with 1 cup **English walnut meats**, 1 cup cooked **lentils**, 1 **Spanish onion** and a little **parsley**. Add 4 well beaten eggs, 1 cup **cream**, salt to taste, and enough **cracker crumbs** to make the mixture stiff enough for molding. Form 1 or more loaves and bake about forty minutes. Baste occasionally with equal parts melted **butter** and **lemon juice**. Serve garnished with **parsley** and slices of **lemon**.

690.

Chestnut Roast (2)Groups **F P St—S M**

Boil 1 pint of **chestnuts**; remove the shells, add a little **salt**, then grind with 1 **turnip**, 1 **carrot**, 2 boiled

potatoes, 2 stalks celery, 2 sweet peppers and 1 onion; add 3 well beaten eggs, 4 tablespoons melted butter and a little cream; if too soft, add cracker crumbs; shape into a loaf and bake; serve with brown gravy.

691.

Cheese Loaf

Groups F P St—S

Grate $\frac{1}{2}$ pound of cheese; mix the contents of 1 can of savory protose with 1 pint coarse bread crumbs; put a layer of this mixture into a well buttered baking dish, sprinkle thickly with cheese, add another layer of the crumb mixture, more cheese, and so on until the dish is filled. Dust lightly with salt and a little red pepper, add 1 pint of milk, and let stand five minutes; bake in a moderate oven about twenty minutes. Run a knife blade around the edge of the pan, invert the loaf on a heated platter, garnish with sprigs of parsley, and serve with tomato sauce.

CROQUETTES**General Directions**

In mixing the ingredients given in the following recipes have the mass firm enough to hold together, but not compact. The croquettes should be handled as little as possible in shaping. Large spoons may be used for this purpose. In order to provide a firm and well browned outer crust, the croquettes should be rolled first in sifted bread or cracker crumbs, then in beaten egg, then again in crumbs. These crumbs should preferably be from whole grain bread, which may be toasted brown and hard in the oven before rolling or grinding.

Baking Better than Frying

The usual method of preparing croquettes by dropping into boiling oil or frying in a small quantity of fat in a skillet or pan usually makes the food soggy, indigestible and unpalatable. Even when the frying is done most carefully so that a minimum of oil is soaked in the greasy crust, the complexity of the mixture renders the croquette unwholesome and difficult of digestion for most people. The best way to cook croquettes or foods that are commonly fried is to bake or roast them. They are just as palatable and far more wholesome.

Place the croquettes on a hot, buttered or oiled grid-iron, baking pan or dish and bake in a very hot oven for about fifteen minutes until nicely browned. If they do not brown well on top they may be turned.

692. Vegetable Croquettes

Groups **M S—P F St**

Cook equal amounts of young green peas, tender beans, cauliflower, carrots, parsnips and cabbage in a very little water (only enough to prevent burning), about fifteen minutes; then drain, chop fine and add 1 grated onion, and enough bread crumbs to hold the mixture together. Make into croquettes, bake in hot oven for fifteen or twenty minutes.

693. Virginia Patties

Groups **M F P St**

Chop 2 apples and 1 small onion fine, add 1 egg, $\frac{1}{2}$ cup bread crumbs, and seasoning. Mix well, form into patties, and brown in oven.

694. **"Better than Meat" Croquettes**

Groups St F P—M

Soak over night 1 cup dried **peas** and 1 pint **lentils**. Cook slowly until tender, but not mushy; drain; when cold run through a vegetable grinder with 1 **onion** and a small bunch of **parsley**. Mix well with 1 cup **bread crumbs**, 2 **eggs**, 4 tablespoons **cream**, seasoning to taste. If desired, add a little **sage** or **savory**. Shape into croquettes and brown in the oven.

695. **Lentil Croquettes (1)**

Groups St P M—F

Run cooked **lentils** through a vegetable grinder; add 1 chopped **Spanish onion**, $\frac{1}{2}$ grated **nutmeg**, $\frac{1}{2}$ cup **cream**, salt, 2 **eggs**, and **cracker crumbs** to make the right consistency; shape into croquettes and brown in oven.

696. **Cannon Cracker Croquettes**

Groups S M St F P

To 1 pint of grated raw **carrots** add 6 **crackers**, rolled fine, 1 tablespoon melted **butter**, 2 **eggs**, 1 tablespoon **flour**, and seasoning to taste; shape into rolls about the size of cannon crackers, roll in beaten **egg** and **whole wheat bread crumbs** and brown in oven. When ready to serve insert a root fibre from **radishes** or **celery** in end of each, to represent the fuse. Serve on **lettuce** with slices of **lemon**.

697. **Jambalaya Croquettes**

Groups St M F—P

2 cups boiled **rice**, 2 **onions** chopped fine, the pulp of 4 **tomatoes**; season, add melted **butter** and 2 well

beaten **eggs**; mix well and let cool; shape into croquettes, dip in beaten **egg** and **cracker crumbs**, and brown in oven. Serve with **prunes**.

698. **Eggplant Croquettes**

Groups St F P—M S

Boil 2 **eggplants** until tender, drain and peel while hot; mash, and add 2 tablespoons of **butter**, $\frac{1}{2}$ cup **bread crumbs**, 2 well beaten **eggs**, and **seasoning**; cool and form into croquettes; dip in **cracker crumbs** and brown in oven.

699. **Macaroni and Eggplant Croquettes**

Groups St F P M—S

Cook 1 quart of **macaroni** in slightly salted boiling **water** about thirty minutes; drain; when cold run through a vegetable grinder with the same quantity of raw **eggplant**. Add 3 or 4 **eggs**, and enough **bread crumbs** to hold the mixture together. Shape, roll in **flour** or sifted **bread crumbs** and brown in oven. Serve with **Sauce Hollandaise**.

700. **Vegetarian Croquettes**

Groups F St P—S M

Blend 2 tablespoons **butter** with 2 of **flour**; have ready $\frac{1}{2}$ cup scalded **milk**, stir in the creamed butter and flour, and cook until smooth and creamy, then add the beaten yolks of 2 **eggs**, $1\frac{1}{2}$ to 2 cups cold **macaroni**, minced fine, $\frac{1}{2}$ cup ground roasted **peanuts**, and **seasoning** to taste. Mix thoroughly and turn out on shallow dishes to cool; when cold, shape, roll in **bread crumbs**, and brown in oven; serve with **tomato sauce**.

701. Parsnip and Walnut Croquettes

Groups F P St—S M

Peel and steam 6 parsnips until tender; when cool, press through a colander; add 1 cup of chopped walnuts, $\frac{1}{2}$ cup cream, 2 eggs and seasoning. Form into croquettes and brown in oven. Serve with any preferred sauce.

702. Vegetarian Sausages

Groups St P F—M

Cook fresh lima or navy beans. When soft, mash through a colander, add a generous piece of butter, seasoning, and a little powdered sage. Shape into small sausages, dip first in beaten egg, then in corn meal or sifted bread crumbs. Brown on all sides in oven. Serve on lettuce leaves, with any preferred sauce.

703. Barley Sausage

Groups St P F—M

To 1 quart of cooked barley add 2 well beaten eggs, 4 tablespoons melted butter, 1 grated Spanish onion, a little sage or savory and salt to taste. Shape into small sausages and brown. Serve with tomato or brown sauce.

704. Yellow Pea Cutlets with Mint Sauce

Groups St P F M—S

Soak 1 pint of yellow peas over night; cook until tender but not mushy, with just enough water to cover, then mash through a colander. Add 1 grated onion, 2 eggs, seasoning, 2 tablespoons horseradish and enough bread crumbs to make a fairly stiff dough. Shape

into cutlets and keep on ice for an hour, then roll in beaten egg and cracker crumbs and brown in oven.

For **Mint Sauce** see recipe 563.

705. **Lentil and Mushroom Cutlets**

Groups P St F

To 1 quart cooked and mashed lentils add 1 cup each of fresh mushrooms and bread crumbs, $\frac{1}{2}$ cup chopped walnuts, and 2 eggs, well beaten. Season to taste. Shape into cutlets, roll in beaten egg and sifted bread crumbs and brown in oven. Serve garnished with lettuce leaves and a spoonful of jelly, or any preferred sauce.

706. **Mock Whitefish Cutlets**

Groups St F P—S M

Boil 4 ounces of ground rice in 1 pint of milk, stirring constantly until it thickens, which will take only a few minutes. Add 2 tablespoons grated cheese, butter and seasoning to taste; spread the mixture about half an inch thick on a platter to cool; this can be done the day before. Cut into shapes like cutlets, roll in sifted zweiback crumbs, and brown in oven. Garnish with sprigs of parsley, and serve with melted butter.

707. **Chestnut Croquettes**

Groups F P—M

Shell large chestnuts, boil, remove the brown skin, then put through a vegetable grinder; to 1 quart ground chestnuts add 4 tablespoons butter, 2 eggs, salt, and a few drops of lemon juice. Shape into croquettes, and brown in oven.

708. Chestnut Rolls

Groups F P St—M

1 cup cooked and mashed chestnuts, 2 eggs, 1 tablespoon minced onion, $\frac{1}{2}$ cup bread crumbs, $\frac{1}{2}$ cup cream and seasoning. Shape into rolls and brown. Serve with tomato sauce.

709. Nut Croquettes

Groups F P St—M S

Mix well 1 cup of chopped nuts (English walnuts, filberts, almonds or Brazil nuts), 1 cup whole wheat bread crumbs soaked in $\frac{1}{2}$ cup of milk, 1 egg, and seasoning to taste. Shape into croquettes, roll in beaten egg and bread crumbs, and brown in oven.

710. Nut and Celery Croquettes

Groups F P St M S

1 pint ground nuts, 2 pints minced celery, 1 cup grated carrots; add 2 cups bread crumbs, $\frac{1}{2}$ cup flour, 2 tablespoons melted butter, 2 eggs, and seasoning; mix well, form into croquettes, brown in oven and serve with cream sauce.

711. Rice and Sultana Raisin Croquettes

Groups F S St M P

Wash thoroughly 1 cup sultana raisins, pick off the stems, cook with 1 cup of blanched rice in 3 cups of milk until the rice is soft (about thirty minutes), adding more milk if necessary. When done, add 1 level teaspoon of salt. Take from the fire, mix well with the

beaten yolks of 2 eggs and $\frac{1}{4}$ cup each of **butter** and **sugar**. If too thin to shape into croquettes, add cold boiled **rice** or sifted **bread crumbs**. Set aside to cool, then form into croquettes or balls, and proceed according to general directions given on pages 256 and 257.

Rice is blanched by pouring boiling **water** over, then draining.

712. **Rice Fritters**

Groups St F P—M S

Boil 1 cup of **rice** in slightly salted **water** about fifteen minutes, drain off the water (unless it has been absorbed); add 2 cups **milk**, and cook in a double boiler until the rice is very soft. Add 2 well beaten **eggs**, 2 tablespoons **butter**, and 1 tablespoon grated **onion**. If necessary, thicken with **bread crumbs**. Put large spoonfuls on a well greased baking dish and brown in oven. Serve with **tomato sauce**.

713. **Piquant Baked Bean Croquettes**

Groups St P M—F

Press enough baked **kidney** or **navy beans** through a colander to make 1 quart. Add 2 tablespoons **olive oil** or melted **butter**, salt, 1 chopped **sweet pepper**, and, if desired, a little **sage** or **thyme**. Place 2 tablespoons of this mixture on a platter or board covered with sifted **bread crumbs**, make a depression in the center of each, fill with 1 teaspoon of whole **baked beans** and a few drops of **tomato sauce**, cover with another tablespoon of the mixture, shape into croquettes, and proceed according to general directions given on pages 256 and 257.

714.

Baked Bean Croquettes

Groups P F St

Press 1 quart of baked beans through a vegetable grinder; mix with $\frac{1}{2}$ cup melted butter, 2 well beaten eggs, and a little chopped parsley; shape into croquettes, roll in yellow corn meal, brown in oven and serve with cream sauce.

715.

Rice and Nut Rarebit

Groups F P St S—M

Melt 2 tablespoons of butter; add 2 tablespoons flour and 2 cups milk; stir constantly; when smooth and creamy add 1 cup grated cheese; stir until it is melted; add 1 cup of cooked rice, $\frac{1}{2}$ cup chopped nut meats, and seasoning; serve on hot buttered toast.

716.

Lentil Croquettes (2)

Groups St P F—M

4 cups cooked lentils, pressed through a colander, 2 eggs, 1 cup bread crumbs, 1 cup onion sauce (recipe 553). Mix well, season to taste, shape into croquettes and brown in oven. Serve with sauce.

717.

Nut Scrapple

Groups St F P S

Stir 1 cup corn meal, $\frac{1}{2}$ cup hominy meal, and a little salt, into a double boiler containing about 1 quart boiling water; stir constantly at first, and cook until thoroughly done, at least one hour; then add 1 cup nuts chopped fine; turn into a buttered pan, set aside to cool; slice into suitable pieces and brown in oven.

718. **Rice Croquettes with Cheese Sauce**

Groups St F P—M S

Put 1 cup washed **rice** into 1 pint of boiling **water**; cook until tender, then add 1 pint boiling **milk**, 2 table-spoons chopped **pimiento**, **salt** to taste, and $\frac{1}{2}$ cup chopped **nuts**. Shape into croquettes, dip in **crumbs** and brown in oven. Serve with **cheese sauce** made as follows:

Melt $\frac{1}{2}$ cup **butter**; add 4 tablespoons **flour**, and stir until well blended; then add as much hot **milk** as desired. Bring to boiling point, add 1 cup grated **cheese**, **season** and serve.

719. **Rice Croquettes (1)**

Groups St F P—S M

3 cups boiled **rice**, 3 **eggs**, $\frac{3}{4}$ cup **milk**, a heaping teaspoon **butter**, and a few **cracker crumbs**; **season** to taste, mix well, mold into croquettes, dip in **cracker crumbs**, then in beaten **eggs**, again in **cracker crumbs** and brown on buttered or oiled pan in oven.

720. **Rice Croquettes (2)**

Groups St F P M

Mix in the order given: 2 cups cold boiled **rice**, 2 tablespoons **milk**, 2 **eggs**, 1 dessertspoon **butter**, and a little chopped **parsley**. Shape into croquettes, roll in beaten **egg** and **bread crumbs** and brown in oven.

721. **Sweet Potato Croquettes**

Groups S St F—M P

Mash boiled or baked **sweet potatoes**, **season**, add melted **butter** and a little **cream**; form small, round

or cylindrical croquettes and brown in an oiled pan or baking dish in oven. Chopped **English** walnuts may be added.

722. **Sweet Potato and Nut Scrapple**

Groups St P F

2 cups mashed **sweet potatoes** mixed while hot with 1 cup finely chopped or ground **nut meats**, 1 beaten **egg**, 2 tablespoons melted **butter**, seasoning to taste. Press into a square tin; when cold cut into 1/2 inch slices, dip in **beaten egg** and **bread crumbs** and brown in the oven.

SANDWICHES

Key to reference letters: **St**, starches; **S**, sugars; **F**, fats; **P**, proteids; **M**, mineral elements.

In making sandwiches, the whole grain bread is always preferable. It should be evenly and thinly sliced, and fresh, sweet butter used. Care should be taken not only to make good food combinations, but to make them appeal to the eye as well. Lettuce, watercress, tender Swiss chard or spinach leaves are welcome additions to most combinations.

723. Celery Sandwiches

Groups **St P M**

Finely cut **celery**, with or without **lettuce**, makes a nice sandwich.

724. Combination Salad Sandwiches

Groups **M St P F**

On each slice of **bread** place a **lettuce** leaf, 1 slice **tomato**, several slices of **cucumber**, and, if desired, a little minced **onion**; add a layer of **mayonnaise dressing**.

Boston brown bread is excellent for this sandwich.

725. Swiss Chard or Spinach Sandwiches

Groups **St M P F**

Tender **Swiss chard** or **spinach** leaves placed between thin, well buttered slices of whole grain bread makes appetizing sandwiches. Chopped or sliced **onion** may be added.

726. Cucumber and Olive Sandwiches

Groups St F P M

Sliced cucumbers, with chopped olives and mayonnaise dressing make a delicious sandwich.

727. Lettuce with Mayonnaise

Groups St P F M

Fresh, crisp lettuce, shredded, with mayonnaise dressing, either with or without chopped onion or chopped nuts, makes a very acceptable sandwich.

728. Mosaic Sandwiches

Groups St P F—M

Cut an equal number of slices of good brown and white bread; butter each slice well, and pile alternately, first brown, then white; wrap in a damp napkin until ready to serve, then slice across, in thin slices.

729. Onion Sandwiches (1)

Groups St P M F

Finely chopped onions with mayonnaise, on lettuce, make nice sandwiches.

730. Onion Sandwiches (2)

Groups M—F P

Equal parts chopped onions and green peppers, with a few chopped nuts added, makes a piquant sandwich filling.

731. Watercress Sandwiches

Groups St P M

Watercress between buttered slices of Boston brown bread makes a piquant sandwich.

732. **Date Marmalade Sandwiches**

Groups St P S M

Soak fine dates in lukewarm water; stone, grind or chop fine, and spread between wafers, **Ry-Krisp** or whole wheat bread.

733. **Fresh Fruit Sandwiches**

Groups St P M S

Crushed fresh fruit—strawberries, red raspberries, blackberries or peaches, sweetened to taste, make delicious sandwiches for immediate serving.

734. **Apple Sauce Sandwiches**

Groups St P M F S

Thick apple sauce, with whipped cream, makes a nice sweet sandwich for immediate serving.

735. **Banana Sandwiches**

Groups S St F—M P

Slice ripe bananas lengthwise, spread with **mayon-
naise dressing**, and sprinkle with chopped nuts, if desired. A few drops of **lemon juice** is an improvement. Serve with lettuce.

736. **Cocoanut Sandwiches**

Groups St P S M—F

One cupful of freshly grated cocoanut, $\frac{1}{2}$ cupful of nuts ground fine, 1 teaspoon lemon juice, 2 teaspoons brown sugar or 1 of honey and 3 tablespoons of thick cream worked in. Spread this between whole wheat bread and butter.

737. **Fig Paste for Sandwiches**

Groups St S M—F

$\frac{3}{4}$ of a pound of figs cut into small pieces, $\frac{3}{4}$ of a pound of brown sugar, $\frac{1}{4}$ of a pound of seeded raisins, 1 cupful of water and the juice of $\frac{1}{2}$ lemon. Stew on the back of the stove until very soft, remove and let cool. Use for sandwich or cake filling. Chopped nuts may be added.

738. **Dried Fruit Sandwiches**

Groups St P S M—F

1 cup each of raisins, dates, figs, prunes, dry or soaked, and $\frac{1}{2}$ cup nut meats, ground or chopped fine, make a fine sandwich filling. If too dry to spread well, moisten with prune juice or lemon juice.

739. **Jam or Marmalade Sandwiches**

Groups St P S M

Any preferred jam or marmalade, preferably quince, orange or grapefruit makes delicious sandwich filling.

740. **Nut Sandwiches (1)**

Groups St P F—M

Shelled nuts—almonds, pecans, filberts, black or English walnuts, hickory nuts, peanuts, either alone or in combination—may be ground or chopped, and mayonnaise dressing or plain or whipped cream added, with a pinch of salt.

741. **Nut Sandwiches (2)**

Groups St P F—M S

Ground nuts and dates, or ground nuts and cottage cheese, are good combinations for sandwich fillings.

For the nut and date combination, use 1 cup stoned and chopped dates to $\frac{1}{2}$ cup chopped nut meats. If too dry to spread well, add a little sweet cream.

742. **Peanut Butter Sandwiches**

Groups St P F—M S

Sandwiches with filling of plain peanut butter, thinned with cream, milk or water, and a pinch of salt, are easy to prepare. Lettuce, cress or chard improve them. Or the peanut butter may be well spread with a layer of whole raisins, or ground or chopped raisins and nuts, lettuce, cress or chard.

Or the peanut butter may be spread with marmalade.

743. **Nut Butter**

Groups P F—M St S

Run 4 ounces (8 heaping tablespoons) of pignolia or peanuts through a very fine grinder and work into the consistency of butter with 4 tablespoons of water or lemon juice.

744. **Piquant Sandwiches**

Groups St P F M

2 cups mixed nuts, 2 onions, 1 cup olives, chopped fine; mix with mayonnaise dressing.

745. Individual Club Sandwich

Groups P St F—M

For each sandwich required, brown 1 slice whole wheat bread on hot buttered or oiled pan in oven; place on bed of shredded lettuce; cover with savory protose, put a slice of tomato on top, then a spoonful of mayonnaise, sprinkle with finely cut celery and walnuts, and garnish with pimiento olives.

746. Mushroom Sandwiches

Groups St P F—M

Cut mushrooms in small pieces, cook in butter until tender; add seasoning, a little lemon juice and grated nutmeg; let cool, then spread on buttered bread.

747. Russian Sandwiches

Groups St P F—M

Chop ripe olives fine, moisten with mayonnaise and add a little onion juice; to 1 cup olives add 2 hard boiled eggs, chopped fine; spread between well buttered slices of whole grain bread.

748. Egg Sandwiches

Groups P St F M

Minced hard boiled eggs, seasoned, and moistened with mayonnaise, on lettuce are delicious. Minced onion and parsley may be added with good results.

749. Deviled Egg Sandwiches

Groups St P F M

After making deviled eggs there is always some of the filling left. Spread this on lettuce leaves, between

thin slices of **buttered bread**. Add a little **mayonnaise** if desired.

750. **Baked Bean Sandwiches**

Groups St P M

Mash $\frac{1}{2}$ cup **baked beans** through a colander; add 1 teaspoon each of minced **celery** and **parsley**, $\frac{1}{2}$ teaspoon **onion juice**, 1 tablespoon **horseradish** or **ketchup**.

CHEESE SANDWICHES

Cheese of any preferred kind makes good sandwiches, either alone or in combination with other ingredients. The addition of lettuce or cress not only adds to its value, but makes sandwiches daintier in appearance.

Cream, Neufchatel or cottage cheese may be mashed and various ingredients added for variety.

American cheese should be grated for sandwiches; Swiss cheese thinly sliced.

751. **Cheese Sandwiches (1)**

Groups St P F M

Cream or **Neufchatel** cheese, minced **sweet pepper** and **green onion**, a pinch of **salt** and a dash of **Cayenne**.

752. **Cheese Sandwiches (2)**

Groups St P F M

Cream or **Neufchatel** cheese, with minced **onion** and chopped **nuts** is delicious. A little minced **parsley** or **sweet pepper** may be added if desired.

753. **Dream Sandwiches**

Groups P F St M

Butter thin slices of whole wheat bread, cover with a thick layer of grated **American cheese**, sprinkle with **paprika**, and brown in oven. Serve at once.

754. **Mayonnaise Cheese Sandwiches**

Groups St P F—M

Slice 1 pound **American cheese**, put in double boiler; steam until it melts; add 4 tablespoons of **mayonnaise**; stir well into cheese; cut 1 small can **pimientos** into bits and add. Let cool before using.

755. **Cottage Cheese Sandwiches**

Groups St P F S—M

A layer of cottage cheese, with lettuce, **Swiss chard**, cress, or spinach leaves is a good combination. Chopped raisins, figs or dates, or nuts may be added.

756. **Cheese and Pimiento Sandwiches**

Groups St P F—M

To 1 cream cheese add 1 pimiento; mash with a silver fork; add a little sweet cream, and, if desired, a dash of **Cayenne**.

757. **Boston Rarebit Sandwiches**

Groups F P St—M

Grate 1 pound cheese (blue label), put into a saucepan with 4 tablespoons butter; as the cheese softens add salt; keep stirring constantly; when well mixed, add $\frac{1}{2}$ cup cream; stir until smooth, then add 2 well

beaten **eggs**, stir hard for a moment, then remove from the fire; a little more **cream** may be added to make it of good consistency. Serve on **buttered toast**.

758. **Mock Crab Sandwiches**

Groups St P F M

Cream 2 tablespoons **butter**; add $\frac{1}{4}$ teaspoon **paprika**, 1 teaspoon **lemon juice**, 1 teaspoon chopped ripe **olives**, $\frac{1}{4}$ cup grated **cheese**; mix well together.

BEVERAGES

Key to reference letters: **St**, starches; **S**, sugars; **F**, fats; **P**, proteids; **M**, mineral elements.

759. Barley Water or Extract (1)

Groups **M St**

Take clean grain as it comes from the field, crush it in a hand grain mill or a new coffee mill, take three tablespoons of the crushed grain to one pint of cold water, and boil on the stove for one hour; or in the fireless cooker for two or three hours, in which case use a little more water at the start. While the gruel is boiling, add enough water to allow for evaporation and absorption. When thoroughly cooked, strain the gruel through a fine cloth or sieve.

Prepare extracts of **oats** and **wheat** in same manner.

760. Lemonade

Groups **M S**

Juice of 4 lemons, 2 tablespoons honey or brown sugar, 1 quart of water. Serve cold.

761. Orange Lemonade

Groups **M S**

Juice of 2 lemons and 2 oranges, 2 tablespoons brown sugar or honey, 1 quart water. Serve cold.

762. Cherry JuiceGroups **M S**

Remove stems from sour cherries, wash, then follow general directions for making grape juice, first crushing some of the cherry pits. (See recipe 777.)

Currants, elderberries, strawberries, raspberries, blackberries, blueberries or huckleberries may be prepared in the same manner.

763. Fruit BeverageGroups **M S**

Crush 1 quart strawberries; add juice of 2 lemons and 1 orange, 3 pints water and $\frac{1}{2}$ cup sugar. Chill and serve.

764. Fruit Cocktail (1)Groups **M S**

1 pint lemon juice, 1 pint orange juice, 1 pint pineapple juice, 1 quart water, sugar to taste.

765. Fruit Cocktail (2)Groups **M S**

Cut pineapples, oranges and grapefruit in fine pieces; add lemon juice and sugar to taste. Serve very cold in tall glasses.

766. Fruit PunchGroups **M S**

1 pint lemon juice, $\frac{1}{2}$ pint orange juice, 1 small pineapple, grated; 1 pint strawberries, sugar and water to taste, and, if desired, a bottle of grape juice.

767. Bran Lemonade

Groups M S

To 1 quart water add $\frac{1}{2}$ pint bran and let stand half an hour in a cool place; pour off water, to which add juice of 4 lemons and sweeten to taste.

768. Bran Tea

Groups M S F

To 1 pint boiling water add $\frac{1}{2}$ pint wheat bran. Let stand on back of stove for an hour, but do not boil. Strain, and serve with sugar and cream instead of coffee or tea.

769. Barley Water (2)

Groups St P S M

Boil 2 ounces pearl barley in $\frac{1}{2}$ pint water forty-five minutes, then add 2 quarts boiling water and a few chopped figs and seeded raisins. Boil thirty minutes and strain; add lemon juice and sweeten to taste.

770. Flaxseed Lemonade

Groups S St P M

4 tablespoons flaxseed, 2 quarts water; boil three-quarters of an hour; strain; add honey to suit taste, and lemon juice if desired.

771. Oatmeal Water

Groups St P

1 scant cup water ground or steel-cut oats to 1 quart cold water; keep covered and in a cool place. Stir with a wooden spoon each time before using.

772. **Rice Water**

Groups St P

Simmer 2 tablespoons **rice** in 1 quart boiling **water** for two hours. Strain, add a pinch of **salt**, and use either hot or cold.

773. **Apple Drink**

Groups M S

Cook 2 pounds **apples**, cut in pieces, retaining skin and cores, with 3 pints **water**, until apples are tasteless; strain the liquid and use hot or cold, sweetened to taste.

Prune, raisin and fig drinks may be made in the same manner.

774. **Apple Punch**

Groups M S

Quarter and core but do not pare 12 tart **apples**; cover with 4 quarts **water**; bring to boiling point and cook twenty minutes without stirring; add 1 glass **quince jelly**; strain through cheese-cloth; sweeten to taste and chill. When serving, add 1 pound **white grapes**, cut in halves and seeded.

775. **Cranberry Cocktail**

Groups M S

To 1 quart **cranberries** add 2 quarts **water**; cook until tender; strain; add 1 pint **orange juice**, $\frac{1}{2}$ pint **lemon juice**, 1 pint **pineapple juice**, sugar to taste, and **water** to make the right strength.

776.

Currant DrinkGroups **M S**

1 tablespoon **currant jelly** dissolved in 1 glass cold **water** makes a healthful drink and one very easy to prepare.

Raspberry, grape, plum, crabapple or strawberry jelly may be used in the same manner.

777.

Grape Juice (1)Groups **S M**

Wash and stem 20 pounds **grapes**, put in kettle and mash with a wooden potato masher. Cook until the pulp is freed from the seeds; drain over night; next morning strain again and bring to boil. Have bottles ready in a pan of hot water, fill and seal at once. (Use sterilized beer bottles with patent stoppers, or Mason jars.)

When serving, dilute with cold **water**; sweeten if desired.

Add 2 quarts **water** to the **pulp** left in jelly bag; press thoroughly and let liquid settle. Pour off, add 1 cup **sugar** to each quart of liquid, boil up once, bottle and seal.

778.

Grape Juice (2)Groups **S M**

Pick **Concord grapes** from stems and put into a kettle, allowing 1 quart **water** to 8 quarts grapes. Cook slowly until soft, then strain through a jelly bag. Add 1 cup **sugar** to 4 cups juice; heat to boiling point, boil two minutes, then fill bottles, cork, and when cold seal with melted **paraffin**.

779.

Plum JuiceGroups **M S**

Follow directions for making **Grape Juice**, adding a trifle more **water** unless the plums are very juicy.

780.

Rhubarb DrinkGroups **M S**

Cut **rhubarb** in squares and cook with 1 quart **water** to 2 quarts fruit; **sweeten** to taste, and serve chilled.

Gooseberries, **black currants** or other small fruits may be used in the same manner.

781.

Pineapple PopGroups **M S**

Peel, slice and pound to a pulp 1 **pineapple**. To 2 cups **water** add 1 cup **sugar**; boil, skim and pour while very hot over the pineapple. Add the juice of 2 **lemons** and let all stand two hours, tightly covered; add 1 pint cold **water**. Serve in tall glasses with a dash of **Apollinaris**, **Vichy** or **Seltzer water** if desired.

782.

Peach CocktailGroups **M S—P**

Peel and stone **peaches**, cut very fine or run through a coarse vegetable grinder; **sweeten** to taste. To 12 large peaches add the juice of 3 **lemons**, 1 **orange** and 1 quart **water**. Serve very cold in tall glasses.

Apricots or crushed **berries** may be used in the same manner.

783.

Egg-nogGroups **F S P M**

Separate 1 egg for each glass wanted; to the yolks add a little sugar and a few drops of orange or lemon juice, beat well, and pour into glasses; fill two-thirds full with cold sweet milk; beat the whites of eggs very stiff, add a little sugar and a few drops of fruit juice, and pile lightly on top. Serve at once.

784.

Grape Egg-nogGroups **S F P**

Allow 1 whole egg for each portion desired, beating yolks and whites separately. To the yolks add sufficient grape juice to give it a fine, rich color; sweeten with honey; fill glasses two-thirds full, and add stiffly beaten whites of eggs, sweetened with honey or sugar.

785.

Orange Egg-nogGroups **M S F P**

For 2 glasses beat the whites of 2 eggs stiff with 2 tablespoons sugar, and the yolk of 1 egg with 2 tablespoons sugar. Mix lightly, add grated rind of 1 and the juice of 3 oranges. Serve very cold.

786.

Egg-nog with NutsGroups **S F P**

Add several tablespoonfuls of milk to each egg yolk, enough honey to sweeten, and 2 tablespoons ground nut meats; beat well; pour into glasses, add the stiffly beaten egg whites, sweetened with honey or sugar. Sprinkle lightly with ground nuts.

787. **Chocolate Parfait**
Groups P S F M

Whip egg whites very stiff. To the whites of 4 eggs add 2 teaspoons fine **cocoa** and 2 tablespoons **honey**; put 1 large tablespoonful in each glass, fill two-thirds full with cold, sweet **milk**, then fill in lightly the balance of the beaten egg. A dash of grated **nutmeg** is a delightful addition.

HOT DRINKS

788. **Cereal Coffee**

Use 1 tablespoon **cereal coffee** to each cup needed, and 1 for the pot. Put on in cold **water** and boil steadily for five or six minutes, then reduce heat to prevent boiling, and allow to settle about two minutes before serving.

789. **Cocoa**
Groups S P F—M

To 1 pint boiling **water** add 3 tablespoons **cocoa** mixed with 3 tablespoons **granulated sugar**; boil slowly for ten minutes, then add 1 quart boiling **milk**, white of 1 **egg** and a dash of **vanilla extract**. Mix thoroughly and serve hot.

790. **Chocolate**
Groups S F P—M

To 1 pint boiling **milk** and **water** (half each), add 1 ounce scraped or grated bitter **chocolate** and 1 ounce **sugar**; stir two or three minutes, until chocolate and sugar are dissolved. When making hot chocolate in quantity, it is best to use a double boiler, then beat with an egg beater. For special occasions, top with **whipped cream**, or pour the hot chocolate over fresh **marshmallows**.

DESSERTS

Key to reference letters: **St**, starches; **S**, sugars; **F**, fats; **P**, proteids; **M**, mineral elements.

The best and most wholesome desserts are the fresh subacid or sweet fruits, and these should always be served when possible. Especially valuable are the sweet berries, peaches and melons in season. These should be properly ripened so that they have their full content of natural sugar, and should require no additional sweetening. They should be served cold but not iced. The raw fruits are especially desirable in summer.

In lieu of fresh fruit, stewed, baked, or plain canned fruits put up with little or no sugar and without preservatives of any kind may be served. If sweetening is necessary, a little honey, brown or maple sugar or maple syrup should be used. Very ripe persimmons, especially the large Jap varieties, are valuable, delicious and satisfying food.

Next in point of desirability are the sun dried sweet fruits, such as figs, dates, raisins, prunes and pears. They are better for use in the winter since they are heat producing.

In the following group of made desserts, the simpler and more wholesome ones are listed first. From these should be chosen an occasional dish to take the place of the plain fresh fruit dessert in the curative diet, and more frequently, perhaps, in the normal diet.

The richer and more complicated desserts should not be used in the curative diet and seldom used in the

normal diet. These more elaborate desserts containing appreciable quantities of starch, eggs, and so forth, must be balanced by the omission of like elements from the rest of the meal, using a raw relish and a plain salad and omitting proper proportions of rice, bread, potatoes, nuts or eggs from the main part of the meal when starch and protein predominate in the dessert.

791. **Ambrosia**

Groups **F M P—S**

Slice finely flavored oranges, sprinkle thickly with shredded fresh cocoanut and a little honey.

792. **“Nature Cure” Blanc Mange**

Groups **F S P M—St**

Let milk clabber quickly by keeping in a warm place, then chill thoroughly and eat with brown sugar and cream. If desired, sprinkle with grated whole wheat bread.

793. **Cocoanut Dessert**

Groups **F P M S**

Chop or grind fresh cocoanut and raisins, using two parts of cocoanut to one of raisins; serve with the milk of the cocoanut.

794. **Dates with Cream**

Groups **S F M—P**

Dates, figs and prunes may be used for many desserts. Dates and cream is a simple luncheon dish, and it may be prepared in two ways. In either case the dates are to be washed and stoned. They may then be

chopped and served with cream, or may be steamed until very tender, cooled and served with or without cream. **Figs** and **prunes**, if very dry, should be soaked in a little water before serving raw.

795. **Baked Apples**

Groups **M S**

Wash and core **apples** of a uniform size, place in a baking dish, put a little **maple** or **brown sugar** in the centers, pour a little **water** in the dish and bake, basting frequently. Serve hot or cold, with or without **cream**.

796. **Steamed Apples**

Groups **M F S P**

Peel and core **apples**, steam until tender, sprinkle with **brown sugar** and set aside to cool. Serve with **plain** or **whipped cream**. Or, when ready to serve, fill with equal parts of chopped **walnuts** and **dates**, and cover with **whipped cream**.

797. **Washington Baked Apples**

Groups **M F P S**

Peel and core nice large **apples**, fill the cavity with chopped **nuts** and **raisins**, put a small piece of **butter** on top, and bake about thirty minutes. Serve hot with **cream**.

798. **Simple Date Dessert**

Groups **S F P M**

Mix 1 cup chopped **dates** with 1 pint **whipped cream**. Serve garnished with **blanched almonds**.

799. **Fruit Dessert (1)**Groups **M S F**

Cut into chips or dice any suitable fruit, such as peaches, pears, plums, melons. Serve with a dressing of whipped cream to which lemon juice may be added.

A few raisins, chopped very fine added to the whipped cream will give a delicate flavor.

800. **Fruit Dessert (2)**Groups **M St F—S P**

Slice and mix apples, peaches, pears, plums, melons, or any preferred fruits. Place a layer of fruit in a serving dish, cover with a thin layer of uncooked rolled oats or wheat. Alternate in this way until the dish is filled. Serve chilled with rich cream or whipped cream.

801. **Fruit Whip**Groups **M F S St—P**

Whip 1 pint sweetened cream very stiff; stir into it lightly 1 cup strawberries, cut in half, 1 cup shredded pineapple, 1 banana and 1 orange, chipped or diced. Serve very cold.

802. **Marshmallow Dessert**Groups **F P M S**

Stir well together 1 cup chopped nuts, 1 cup cherries, 1 cup pineapple, 1 cup marshmallows, cut fine, and 1 quart cream beaten until stiff. Serve at once or freeze.

803. **Oranges with Cranberry Sauce**Groups **M S F**

Slice sweet oranges, sprinkle with sugar, pour cranberry sauce over, and serve with whipped cream.

804. **Peach Pudding (1)**Groups **M S F P**

Peel and cut choice peaches in halves, remove stones and fill centers with macaroon crumbs; put a tablespoon whipped cream on each half, and garnish in any preferred manner.

805. **Peach Trifle**Groups **M S F—St P**

Take large fresh peaches, peel, quarter and sugar well. Cover with whipped cream and serve on slices of stale cake.

806. **Prune Betty**Groups **M St S P F**

Cover the bottom of a buttered baking dish with coarse bread crumbs, then add a layer of cooked and stoned prunes; dust with cinnamon, nutmeg and sugar; fill the dish with alternate layers of crumbs and prunes; cover with hot milk and bake about thirty minutes. Serve with whipped cream.

807. **Prune Soufflé**Groups **M P S**

Mix well 12 large, well soaked or cooked prunes, chopped fine with the whites of 4 eggs, beaten until

stiff; place in a well buttered baking dish, set in a pan of hot water and bake thirty minutes.

808. **Prune Whip**

Groups **M P S F**

Mix thoroughly 1 cup cooked **prunes**, chopped fine, and 3 tablespoons **sugar**; fold in the whites of 5 **eggs**, beaten very stiff; if desired, add the juice of 1 **lemon**. Bake in a slow oven fifteen to twenty minutes. Serve either warm or very cold, with **whipped cream**.

809. **Quince Snow**

Groups **M P S**

Quarter 6 **quinces** and steam until tender; peel and press them through a coarse sieve, **sweeten** to taste and add the whites of 4 **eggs**; beat until all is a stiff froth; pile with a spoon on a glass dish; set on ice until wanted. Serve in tall glasses, garnished with candied **fruit**.

810. **Whipped Cream**

Groups **F S**

Have the cream, bowl and beater very cold. Turn the **cream** into the chilled bowl, add enough **sugar** or **honey** to sweeten slightly and whip quickly with a wire egg whip; it will thicken immediately and be ready in five minutes. **Flavor** to suit taste and serve in any manner preferred.

811. **Fruited Whipped Cream**

Groups **M F—S**

Whip 1 pint **cream** stiff, **sweeten** well, and stir into it lightly 1 cup whole **strawberries**, 1 **banana**, peeled

and cut into dice, 1 **orange**, peeled and diced, and 1 cup finely minced **pineapple**. Serve very cold. As the fruits are very acid, the cream should be very sweet.

812.

Wonder PuddingGroups **F P—M**

Whip 1 pint **cream**, sweeten, flavor, pour into a dessert dish and decorate with the following mixture: Mix 1 cup **chestnuts**, boiled and peeled, with $\frac{1}{2}$ cup melted, unsweetened **chocolate**. Put through a potato ricer over the top of the whipped cream.

813.

Apple Dessert (1)Groups **M S—F**

Fill a quart bowl with alternate layers of thinly sliced **apples** and **sugar**; add $\frac{1}{2}$ cup **water**; cover, put a weight on, and bake slowly for two hours. Serve cold with **whipped cream**.

814.

Apple SnowGroups **M S P**

Add 2 tablespoons **honey** or **sugar** to 1 cup thick **apple sauce**; fold in the stiffly beaten whites of 4 **eggs**, and serve in tall glasses. Decorate with **candied rose leaves**.

815.

Apple TapiocaGroups **M St—S F**

Pare and quarter 6 medium sized tart **apples**, remove cores; arrange the apples in a buttered baking dish, sprinkle with **sugar** and a little **cinnamon**, cover with **pearl tapioca** which has been soaking in cold **water** or **milk**.

bake from forty-five minutes to one hour in a fairly hot oven. Serve with **cream**.

816. **Nut and Apple Tapioca**

Groups **F P M**—St **S**

Soak 1 cup pearl **tapioca** in $3\frac{1}{2}$ cups **water** over night; in the morning add 1 cup **sugar**, a pinch of **salt**, 1 cup **hickory nuts**, and 1 cup diced **apples**. Cook in a double boiler for one hour. Serve with **cream**.

817. **Rice and Apples**

Groups **St M F**—**S**

Cook 1 cup **rice** in 1 quart **milk**, adding 2 tablespoons **butter** and a little **salt**; when tender, spread a layer of rice in a buttered baking dish, cover with **apple sauce**, then another layer of rice, and so on until the dish is filled; let bake in a slow oven. Serve with **cream**. Any other fruit may be substituted.

818. **Simple Bread and Apple Pudding**

Groups **St M F P S**

Spread **butter** on slices of stale **bread**; put a layer in a buttered baking dish, cover with a layer of sliced tart **apples**, sprinkle with **sugar** and a little **cinnamon**; add another layer of **bread** and sliced **apples**, and so on, until the dish is filled, finishing with a layer of **apples**. Pour over 1 or 2 cups **water**, according to size of pudding, and bake thirty minutes in a hot oven. Serve with **cream sauce**.

The apple parings, washed and drained, may be put on top of the pudding to keep it from being scorched.

819.

Baked Bananas

Groups S St M

Select large **bananas**, wash, wipe dry, remove one section of the skin, and loosen the remainder all around without breaking the skin. Put in a shallow baking pan, sprinkle each banana with 1 teaspoon **sugar** and a little **lemon juice**. Bake quickly until tender, let cool, and serve. Each skin will be filled with a rich syrup which will thicken to jelly in cooling.

Another way of serving is to remove the bananas from the skin, arrange them on crisp **lettuce leaves**, and cover with the juice, well chilled.

820.

Cottage Cheese Pudding

Groups P F S—M

Rub 1 cup of fresh **cottage cheese** through a wire sieve, add 2 well beaten **eggs** and enough rich **milk** or **cream** to make a fairly thin batter. **Sweeten** to suit taste and flavor with **vanilla**; pour into a buttered pudding form and bake in a moderate oven about twenty minutes. Serve with **custard sauce**. (See recipe 956.)

821.

Plain Corn Starch Pudding

Groups St S F P—M

Heat 1 quart **milk** to boiling, preferably in a double boiler; add 3 tablespoons **corn starch** rubbed to a smooth paste with a little cold **milk**, **sugar** to taste, and a little **salt**. Boil for at least twenty minutes with occasional stirring. Pour into molds to cool. Serve with **chocolate sauce** or **fruit juice**.

822.

Baked Custard

Groups F P S—M

Beat 4 eggs with 1 quart **milk**; add sugar or honey to taste, also a dessertspoon of **butter** and a pinch of **salt**. Flavor with **vanilla** or **almond extract**, or with grated **lemon rind**. Bake in a moderate oven until firm.

For individual custards, use cups set in a pan of water, and bake twenty minutes.

823.

Steamed Cup Custard

Groups F P S—M

Heat 1 quart **milk**; beat 4 eggs, add $\frac{1}{2}$ cup sugar and 1 teaspoon **vanilla**; stir into the hot **milk** very slowly; strain the mixture into a pitcher and pour into cups; set in a steamer, cover with cheese-cloth and then with steamer cover; steam gently ten or fifteen minutes; when the custards are done, put on ice. Grate a little **nutmeg** over the top before serving.

824.

Date Dessert

Groups S F M—P

Wash 1 pound **dates**, remove stones, and let simmer in 1 pint **milk** on the back of the stove until the dates are thick and the color of chocolate. Cool and serve with **whipped cream**.

825.

Fig Tapioca

Groups S M F P St

Soak 1 cup pearl **tapioca** over night. In the morning add 1 cup **figs**, chopped fine, 1 cup chopped **nuts**, 1 cup **brown sugar**, 3 cups cold **water**; steam in double boiler one or two hours; when done, stir in 1 teaspoon **vanilla**. Serve cold with **cream**.

826. **Fig Pudding (1)**

Groups S M F—St

Cut figs to make 1 quart; boil with enough water to cover, and add $\frac{1}{4}$ cup brown sugar or honey and 1 tablespoon butter; thicken with cornstarch dissolved in a little water. Serve with cream.

827. **Fruit Pudding**

Groups S M F P—St

Mix 1 cup water, 1 cup sugar, 2 tablespoons cornstarch, the juice and rind of 1 lemon, 1 orange, and 1 shredded pineapple; boil four minutes; pour the boiling mixture over the well beaten whites of 2 eggs; cool and serve with custard or cream.

828. **Gooseberry Pudding**

Groups M S F P

Pick stems and blossoms from 2 quarts gooseberries; put into a stew-pan with 4 cups sugar and a very little water; when cooked, rub through a coarse sieve; when cold add rich custard sauce until it is like thick cream; pour into glass bowls and cover tops with whipped cream.

829. **Gooseberry Molds**

Groups M St F

Clean and wash gooseberries, cook in cold water to cover until nearly tender; drain off most of the water, thicken (not too stiff) with cornstarch rubbed to a paste with cold water; let cook at least ten minutes longer, being careful to prevent burning; sweeten to taste and put into molds which have been dipped in cold water. Serve with cream.

830.

Grape Sauce

Groups S M St F

Pick over and wash **Delaware** grapes; cook in a very little **water** about thirty minutes; **sweeten** to taste; thicken with **cornstarch**, if desired. Serve cold with **whipped cream**.

831.

Lemon Custard

Groups F M S—St P

To 2 quarts of **water** add the juice of 6 **lemons** and the grated rind of 1; let boil about five minutes, thicken with 4 tablespoons **cornstarch** dissolved in a little cold **water**. Beat well the yolks of 8 **eggs** with 2 cups **sugar**; when light and foamy, add the lemon mixture and stir until perfectly blended, then let boil about ten minutes, with frequent stirring. Serve cold with **cream**.

832.

Lemon Foam

Groups F M S P

Beat the yolks of 4 **eggs** thoroughly, add 1 cup **sugar** and the juice and grated rind of 2 **lemons**; cook until it is creamy, then stir in gradually the stiffly beaten whites of the eggs. Serve cold in tall glasses.

833.

Maple Tapioca

Groups S St F

Place 1 cup **maple syrup**, 3 cups hot **water** and $\frac{1}{3}$ cup minute **tapioca** in a double boiler; let cook until very clear; add a lump of **butter**. Serve with **cream**.

834. **Norwegian Dessert**Groups **St M F—S P**

2 cups bread crumbs, 3 cups apple sauce, 1 cup pineapple juice, butter and nutmeg; place a layer of bread crumbs in a buttered baking dish, cover thickly with apple sauce; grate a little nutmeg over this then repeat; cover with pineapple juice, and bake in a moderate oven thirty minutes. Serve cold with whipped cream.

835. **Orange Float**Groups **M S P St**

Boil the juice and pulp of 2 oranges, grated rind of 1 lemon, 1 cup sugar and 1 quart water about ten minutes; strain, thicken with cornstarch dissolved in a little cold water and let boil five minutes longer, with constant stirring. Slice or chip oranges into a glass dish, pour the custard in (after it has cooled), spread over the whole the well beaten whites of 2 eggs, sweetened to taste and flavored with vanilla or orange peel.

836. **Orange Foam**Groups **M S F P**

Stir the grated rind of 2 oranges, the juice of 3 oranges and 1 lemon with 1 cup sugar and the yolks of 3 eggs for five minutes; put into a pan of boiling water, stir until it becomes creamy, then mix with the stiffly beaten whites of the eggs. Serve cold.

837. **Orange Pudding**

Follow directions for Pineapple Pudding, recipe 937, substituting oranges for pineapple.

838. **Orange Tapioca**Groups **M St S F**

Cook 1 scant cup **minute tapioca** until clear in 1 pint boiling **water**, with 1 cup **sugar** and the juice and grated rind of 2 **oranges** and 1 **lemon**. Serve in sherbet cups, with **whipped cream** flavored with **vanilla** and **sweetened** to taste.

839. **Baked Peaches**Groups **M S F**

Wipe a sufficient number of **peaches**, cut in halves and remove stones; fill a baking dish with the fruit, sprinkle with **sugar** and add enough **water** to cover bottom of dish; bake in a slow oven for one hour. Serve either hot or cold, with plain **cream**.

Pears baked in the same manner are delicious. Hard Kieffer pears, if baked long, are fine.

840. **Peach Custard**Groups **M S St—F P**

Cover the bottom of a glass dish with stale **sponge cake**; cover with sliced **peaches**, sprinkle with **sugar**; pour over this a **boiled custard**, flavored with **vanilla**; let stand for one hour, then cover with **meringue**.

841. **Peach Fluff**Groups **M S F P**

Peel and slice 12 ripe **peaches** (canned peaches may be substituted if fresh ones are not in market). Whip $\frac{1}{2}$ pint **cream**, whites of 2 **eggs** and $\frac{1}{2}$ cup **powdered**

sugar to a foam, flavor with a few drops **bitter almond extract**, then add 3 tablespoons **blanched almonds**, chopped fine. Arrange alternate layers of **peaches** and the **cream fluff** in a glass dish. Chill before serving.

842.

Peach WhipGroups **M S P F**

Cut ripe **peaches** into cubes and cover with **sugar**; whip the whites of **eggs** stiff and beat in **sugar** until there is a stiff meringue in the proportion of 1 tablespoon **sugar** to 1 egg white; heap in the center of a glass dish, pour the **peaches** around it. Serve with **cream**.

843.

Pineapple TapiocaGroups **M S St P F**

Cook $\frac{1}{2}$ cup minute **tapioca** with 1 quart **water** in a double boiler until clear; add **pineapple** cut into small pieces, 1 cup **sugar** and the juice of 2 **lemons**; fold in the well beaten whites of 2 **eggs**. Serve with slightly sweetened whipped **cream**.

844.

Raisin PuffsGroups **F S St P—M**

Cream 1 cup **sugar** with $\frac{1}{2}$ cup **butter**; add the beaten yolks of 2 **eggs**, 2 cups **flour** sifted with 2 teaspoons **baking powder**, $\frac{1}{2}$ cup **milk**, 1 cup **raisins**, 1 teaspoon each of **cinnamon** and **nutmeg**, and, lastly, the well beaten whites of the **eggs**. Steam in buttered cups for one hour. Serve hot.

845. **Vegetable Plum Pudding**Groups **M S St**

Mix together 1 cup each of grated raw **carrots** and **potatoes**, seeded **raisins**, **sugar** and **flour**; add 1 teaspoon **powdered cinnamon**, $\frac{1}{2}$ teaspoon each of **cloves** and **nutmeg**, and $\frac{1}{2}$ teaspoon **soda** dissolved in a little hot **water**. Steam in cups from three to four hours. Serve with **hard sauce**.

846. **Rice Pudding (1)**Groups **S St M F P**

Wash 1 scant cup **rice** thoroughly in several waters, pour boiling **water** over, let stand five minutes; drain, then add 2 quarts fresh, rich **milk**, 1 cup **sugar** and a pinch of **salt**. Bake slowly four or five hours stirring often during the first hour, then leaving it undisturbed until the pudding is done. When done the cooked milk should be of the consistency of thick cream. Serve cold. May be served with fresh or preserved **fruit**, or with **jam**.

847. **Delicate Rice Pudding (2)**Groups **F St M—P**

Add 1 cup **whipped cream** to 1 cup cold, well cooked **rice**, $\frac{1}{2}$ cup chopped **pineapple** and a little **vanilla**. Serve in punch cups, garnished with **cherries**. Preserved **ginger** may be used in place of pineapple.

848. **Rice Custard**Groups **F St S P—M**

Cook 1 cup **rice** in 1 quart **milk** until very soft; add a pinch of **salt** and a piece of **butter**; when thoroughly

cooked, add the yolks of 3 eggs beaten with 2 table-spoons sugar; remove from the fire at once, flavor with lemon or vanilla and pour into a dish; add a little sugar to the stiffly beaten whites of the eggs, spread over the top of the pudding, brown slightly in the oven. This pudding should be creamy and not thick.

849.

Rice and Figs

Groups M S St F P

Cut 12 figs in small pieces, stew, then mix with 1 cup boiled rice and 1 cup milk; bake in a buttered baking dish twenty minutes.

850.

Rice and Fruit Dessert

Groups St M S F—P

Sweeten cold boiled rice to taste; cover with sliced bananas, pears, peaches, grapes cut in halves, berries, or any preferred fruit. Serve with plenty of whipped cream.

851.

Rice Molds

Groups S St F P M

Wash 2 ounces of rice thoroughly, simmer in double boiler with 3 cups milk, 3 tablespoons of brown sugar, and a pinch of salt, until the rice is soft and creamy and the milk entirely absorbed; rub through a wire sieve and fill individual molds.

Candied cherries, chopped nuts, dates, figs, raisins, etc., may be added to the rice before it is put into the molds. Serve with cream, fruit sauce, or fresh fruit. With sliced peaches and cream this makes a delicious and attractive dessert.

Before filling molds, rinse in cold water. Before emptying, dip them in hot water for an instant only. This will cause the china or metal to expand, so that the contents may easily be transferred to another dish.

852. **Rice Rouleaux with Sauce**

Groups St S M F P

Cook **rice** in **milk** until stiff enough to mold; let cool, form into rolls with two spoons dipped in cold water; roll in a mixture of **sugar** and **lemon juice**, beaten until smooth, then in chopped **nuts**. Serve with **cranberry sauce**, or any fruit sauce.

853. **Rice with Strawberry Sauce**

Groups St S M P—F

Serve well cooked **rice**, either warm or cold, with a **sauce** made as follows:

Rub 1 cup **sugar** with 1 tablespoon **butter** until creamy; add the whites of 2 **eggs** beaten to a stiff froth, and, lastly, 1 pint crushed ripe **strawberries**. Beat well together.

This dessert is delicious with **cherry sauce**, prepared in the same manner.

854. **Rhubarb and Dates**

Groups M S

Stone **dates**, wash well, cut into pieces and cook in boiling **water** to cover until fairly soft; the water should be nearly absorbed. Wash **rhubarb**, cut into pieces; put a layer into a buttered baking dish, sprinkle slightly with **sugar**, add a layer of stewed dates, and repeat until the dish is filled; pour a small quantity of hot **water** over all, and bake twenty minutes.

855. Sago Pudding

Groups P S St F M

Heat 2 quarts **milk** in a double boiler; when boiling, stir in gradually 1 cup **sago**; add a piece of **butter** the size of a walnut, 2 tablespoons **sugar**, and a pinch of **salt**; let boil until sago is clear; fold in the beaten whites of 4 **eggs** and sprinkle with grated **cocoanut**. Serve with **cream** or fruit sauce.

856. Sago with Raspberry Sauce

Groups P F St—M S

Cook 1 cup **sago** in 1 quart **milk**; add a piece of **butter** and a little **sugar**; when tender, add the beaten whites of 5 **eggs**; cook two minutes; **flavor**, and when cold fold in 1 cup **whipped cream**; pour into mold and set on ice. Serve with crushed **raspberries**.

857. Snow Banks

Groups St F P—M

Beat $\frac{2}{3}$ of a cup of rich **cream** with the white of 1 **egg** until stiff; **sweeten** to taste; stir into this 2 cups **flaked rice** or **wheat**. Serve in dainty mounds, with fruit sauce.

858. Snow Pudding

Groups M P S St

Dissolve $\frac{1}{2}$ cup **sugar** in 2 cups boiling **water**, then add 3 tablespoons **cornstarch** dissolved in a little cold **water**; boil ten minutes with constant stirring; remove from fire, add the juice of 2 **lemons** and the whites of 3 **eggs**, which should be beaten very stiff. Serve with **grape juice** or **raspberry sauce**.

859. **Apple Custard**Groups **M P F—S**

Line a well buttered two quart baking dish with **cake crumbs**; fill about half full with **apples** stewed with a little **lemon peel** and **sweetened** to taste; pour over 1 quart **milk** into which 2 **eggs** have been beaten, dot with small pieces of **butter**, and bake thirty minutes.

860. **Apples in Bloom**Groups **M S**

Cut red **apples** of uniform size in half, but do not pare them. Cook until soft, 2 or 3 at a time, in a syrup made from $\frac{1}{2}$ pound **sugar** and 1 cup **water**. Place the apples on a shallow dish. Boil the syrup to a soft jelly and pour over the apples.

861. **Apple Dessert (2)**Groups **M P F**

Pare 6 **apples**, then grate them; beat the yolks of 3 **eggs**, then the whites, separately; mix with the apples; add **sugar** and **vanilla** to taste; put into a granite baking dish and bake one hour, slowly. Serve with **soft custard**.

862. **Apple Froth**Groups **M P S—F**

Core 6 nice **apples**; put a little **sugar** and a small piece of **butter** in each cavity; bake or steam until tender; remove the skin, beat the pulp until creamy, then fold in the whites of 3 **eggs** beaten to a stiff froth with 3 tablespoons **sugar**. Serve with **soft custard sauce**.

863.

Apple Puff

Groups M P S F—St

Peel and grate apples to make 2 cups; stir into the beaten whites of 4 eggs, add sugar to taste, and the juice of 1 lemon. Bake twenty minutes in a buttered pudding dish. Serve at once with a custard made as follows:

Heat 1 quart milk in a double boiler, add 2 tablespoons cornstarch dissolved in a little cold milk; let boil until cornstarch is cooked, then remove from the fire, add the yolks of 4 eggs and $\frac{1}{2}$ cup sugar; flavor with vanilla, if desired; beat until creamy.

864.

Apple Pudding

Groups M S P F—St

Peel and core 6 to 8 nice apples of uniform size; put a spoonful of honey in each, set on end in a buttered baking dish, and cover with a batter made as follows:

To 1 quart milk add a pinch of salt, 3 eggs and 3 tablespoons whole wheat flour; mix thoroughly, pour over the apples, and bake about one and one-half hours. Serve with sweetened cream.

865.

Apple Soufflé

Groups M S—P F

Peel and core apples, cook until tender, then rub through a colander; add sugar and nutmeg to taste; place in a porcelain kettle and cook until most of the water has evaporated, being careful to prevent burning. To 2 cups of this apple purée add the whites of 4 eggs, beaten very stiff and sweetened with 3 tablespoons sugar; mix lightly, fill a pudding dish, sprinkle

with equal parts ground **nuts** and **sugar**. Bake in a slow oven about twenty minutes. Serve with **whipped cream**.

866.

Maple Apples

Groups M S F P

Pare and core tart **apples**, let simmer in a syrup made from equal parts **maple sugar** and **water**, until nearly tender, turning the apples often to avoid breaking. Put them into an enameled baking pan, cover with chopped **almonds**, dredge with grated **maple sugar**, and brown. Serve warm with **whipped cream**.

867.

Apples with Almonds

Groups M S P F

Make a syrup by boiling for ten minutes 2 cups **sugar** with $1\frac{1}{2}$ cups **water**; pare and remove the blossom ends from **apples**, leaving the stems on; drop apples into the syrup and cook gently until they may be pierced with a fork, then lift from the syrup and press as many blanched **almonds** as desired into each apple; place in oven a few minutes and slightly brown the ends, then remove to a serving dish and pour the syrup around them. Serve with **whipped cream**.

868.

Almond Custard

Groups P F—St S

Heat 1 quart **milk** in a double boiler. When boiling, add 2 tablespoons **cornstarch** dissolved in a little cold **milk**, and stir until it thickens; pour into the yolks of 4 **eggs**, well beaten with 2 tablespoons **sugar**. Return to the double boiler, cook with constant stirring

until thick and smooth; take from fire, add $\frac{1}{2}$ cup blanchéd and chopped almonds, then fold in the well beaten whites of the eggs. Serve very cold, with grape sauce, or any other fruit sauce.

The milk should be poured into the eggs, not the eggs added to the boiling milk, in order to prevent curdling.

869.

Almond Pudding

Groups F P S

$\frac{2}{3}$ of a pound each of sifted sugar and ground almonds, beaten with the yolks of 4 eggs and the whites of 2 eggs for about thirty minutes, then bake in a slow oven. Beat the other 2 whites with powdered sugar to a stiff froth, spread over the top of the pudding, and let brown.

870.

Almond Cream Pudding

Groups P S F

Stir over the fire 1 pint milk, 3 tablespoons sugar, and 1 cup blanchéd and chopped almonds; add the well beaten yolks of 4 eggs; flavor with extract of rose; pour into a dish and pile on a ring made of the whites of the eggs beaten with $\frac{1}{2}$ cup sugar.

871.

Steamed Apple Pudding

Groups St M P F S

Fill a buttered quart mold with alternate layers of sliced and buttered whole wheat bread and good, tart apples, sliced thin and sprinkled with cinnamon, finishing with apples. Melt 1 cup sugar in 1 cup hot water,

pour over the pudding, cover, and steam for about two hours. Serve hot with **hard sauce**.

Peaches, cherries or berries may be substituted for **apples**.

872. **Old-Fashioned Apple Pudding**

Groups **M St F P S**

Place a layer of sliced tart **apples** in a buttered baking dish; add seeded **raisins**, sprinkle with **sugar** and chopped **English walnuts**, and flavor with grated **nutmeg**; cover with a layer of **bread crumbs**, dotting with bits of **butter**. Repeat the successive layers until the dish is filled, having a thin layer of **sugar** on top. Pour in hot **water** to one-fourth the height of the dish, and bake until pudding is a delicate brown.

873. **Black Betty**

Groups **M St S F P**

Put 1 tablespoon **butter** into a fairly deep baking dish holding two quarts, then fill the dish with alternate layers of **whole wheat toast**, sliced tart **apples**, and **currants** or chopped **raisins**. Sprinkle each layer of apples with **sugar**, powdered **cinnamon** and **nutmeg**, and a little grated **lemon rind**. Finish with a layer of toast, dotted with bits of **butter**. Pour over this 1 pint **milk** into which 2 **eggs** have been beaten, and bake about forty-five minutes. Serve with **cream** and **sugar**.

874. **Bread Custard with Jam**

Groups **St F S P—M**

About half fill a well buttered baking dish with coarse **whole wheat bread crumbs**, cover with bits of

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butter (about 1 tablespoon in all), pour over 1 quart of **milk** beaten with the yolks of 3 **eggs**, 1 cup **sugar**, and the grated rind of 1 **lemon**. Bake slowly about one hour, then cover with a layer of **jam**; spread over the **jam** the whites of the eggs beaten to a stiff froth with 2 tablespoons **powdered sugar**. Put back into the oven to brown.

If the **jam** is very sweet, stir into it the juice of 1 **lemon**.

875.

Brown Betty

Groups M St—S F

Peel, core and chop enough tart **apples** to make 1 pint. Butter a baking dish, sprinkle the bottom and sides with sifted **bread crumbs**, then fill with alternate layers of the chopped apples and whole wheat bread crumbs, using about 1 large cup **crumbs**, having crumbs on top. Sprinkle each layer of apples with **sugar** and a little ground **cinnamon**, and put bits of **butter** over each layer of crumbs. Pour over 1 cup **water**, cover and bake three-quarters of an hour, then remove the cover and brown. Serve hot with **cream** or **hard sauce**.

876.

Brown Betty Pudding

Groups M St S F P

Add $\frac{1}{2}$ cup **brown sugar**, a little **cinnamon** and **nutmeg**, and the grated rind of 1 **lemon** to 2 cups chopped **apples**; put alternate layers of apples and buttered **bread crumbs** (using 2 tablespoons melted **butter**) until the dish is filled; pour $\frac{1}{4}$ cup **water** and the juice of 1 **lemon** over the top, and bake forty to fifty minutes.

877. **Baked Indian Pudding**Groups **S St F P M**

Bring a quart of **milk** to the boiling point, then sprinkle in $1\frac{1}{4}$ cups of yellow **corn meal**; stir constantly, and when this is thickened and cooled, add $\frac{3}{4}$ cup of **molasses**, $\frac{1}{2}$ teaspoon **salt** and 2 of **ginger**; beat until smooth. Butter a pudding dish, pour in the batter and add 1 quart cold **milk**; bake in a very slow oven three to four hours. Serve with **hard sauce** or **cream**.

878. **Berry Brick**Groups **M St S F—P**

Fill a dish alternately with slices of **cake** and layers of ripe and crushed **berries**, sweetened to taste. The cake will absorb the juice. Chill thoroughly before serving; cut into slices like brick ice cream. Serve with **lemon sauce** or **cream** and sugar.

Buttered slices of whole wheat bread may be substituted for the cake, and **cherries**, **peaches**, etc., for the berries.

879. **Blanc Mange with Chocolate Sauce**Groups **S St M P F**

Dissolve 4 tablespoons **cornstarch** in $\frac{1}{2}$ cup **milk**; put 3 cups **milk** in a double boiler; add **sugar** to taste, and 2 sticks **cinnamon**; heat to the boiling point, add the dissolved cornstarch, stir constantly and boil four minutes; add 1 teaspoon **vanilla** and pour into molds which have been dipped in cold water; when cold, turn out and pour around them a **sauce** made as follows:

Mix 1 teaspoon **cornstarch** with $\frac{1}{2}$ cup **sugar**; pour over this 1 cup boiling **water**, add $\frac{1}{2}$ cup grated **chocolate**, let boil a few minutes, and flavor with **vanilla**.

880. **Bread Pudding**

Groups S F St P M

Beat the yolks of 4 **eggs** until light. Add the grated rind of 1 **lemon** and 2 tablespoons **sugar**. Mix 1 quart of **milk** with 1 pint of fine **bread crumbs**, and add the egg mixture. Turn into a buttered baking dish and bake until firm, but not watery. Cover with **meringue** made of the whites of 2 eggs and 4 tablespoons **powdered sugar**. Brown in oven.

881. **Brown Bread Pudding**

Groups S St P F—M

Spread 4 or 5 slices of stale **whole wheat bread** with **butter**, place in a shallow pan, pour over enough cold **water** to cover well and let soak about five minutes. In the meantime break 1 **egg** into a baking dish, beat it well, add $\frac{1}{2}$ cup each of **brown sugar** and **corn syrup**, and $\frac{1}{3}$ teaspoon each of powdered **allspice**, **nutmeg**, and **cinnamon**. Into this mixture crumble the soaked bread, first pressing out part of the water. Mix well and bake about one hour, then cover with **whites** of **eggs** beaten with **sugar** until stiff, and put the pudding back into the oven to brown the top. Serve with **apple sauce**.

882. **Bread and Prune Pudding**

Groups St M F P S

Follow directions for recipe 818, substituting for the apples, **prunes** that have been soaked over night, stoned, and cut in half.

883. **Graham Bread Pudding**Groups **St S F P M**

Cut dry **graham bread** in slices, remove the crust and cover with **milk**; let soak until soft; to 1 loaf of bread add 1 cup **butter**, a little **sugar**, 1 cup **raisins**, and 1 cup **currants**; steam or bake, and serve with **hard** or **vanilla sauce**.

884. **Caramel Custard**Groups **F P S—M**

Pour 1 quart of boiling **milk** over 1 cup brown **sugar**; stir until all the sugar is dissolved. When cool, add the yolks of 6 **eggs** and 1 teaspoon **vanilla** extract. Set the dish in a pan of water and bake until the **custard** is set. Spread over the top the whites of the eggs beaten to a stiff froth with 2 tablespoons **sugar**, and put back into the oven to brown.

885. **Carrot Pudding**Groups **F P M S—St**

Cream together $\frac{1}{2}$ cup **butter** and 1 cup brown **sugar**; add 2 well beaten **eggs**, 2 cups grated **carrots**, 1 cup **raisins**, 1 cup **currants**, 1 cup **bread crumbs**, 1 teaspoon **baking powder**, mixed **spices** to taste, and **salt**; turn into a buttered mold and steam for three hours. Serve with any preferred pudding sauce.

886. **Cheese Cake Custard**Groups **P F S—M**

Put 2 cups of **cottage cheese** through a colander; beat 4 **eggs** and stir into the cheese; add $\frac{3}{4}$ cup **sugar**, grated rind of 1 **lemon**, 1 tablespoon melted **butter**,

and a little **vanilla**; beat until smooth; fill a shallow dish with mixture, and bake in a quick oven twenty minutes. Spread **whipped cream** on top.

887. **Cherry Pudding**

Groups M St S—F P

Stew stoned **cherries** and sweeten to taste. **Butter** slices of stale **bread** with crust removed. Put a layer of bread into the dish from which the pudding is to be served, pour over some of the hot fruit. Repeat until the dish is filled. When cold, cover with a layer of **whipped cream** and garnish with ripe **cherries**.

Berries, **rhubarb**, and other fresh or dried fruits may be served in this way.

888. **Boiled Chocolate Custard**

Groups F P St S—M

Heat 1 pint of **milk**. When nearly boiling, add $1\frac{1}{2}$ cups grated **toast**, and $\frac{3}{4}$ cup grated **chocolate**. Cook slowly, with constant stirring, until the mixture is fairly stiff; remove from the fire, add the yolks of 6 **eggs** beaten until light and foamy with 6 teaspoons of **sugar**. When cool, add the beaten whites of the eggs, and cook in a double boiler about thirty minutes. Serve with **whipped cream**.

889. **Chocolate Pudding (1)**

Groups S F St—P M

Let 1 quart of **milk** come to the boiling point; add 1 cup **sugar**, $\frac{3}{4}$ cup grated **chocolate**, and $\frac{1}{2}$ cup **corn-starch** dissolved in a little **water**. Cook until it thickens, stirring constantly; add 1 tablespoon **butter**

and mold in small cups, dipped in cold water. Serve with sweet **cream**.

890. **Chocolate Pudding (2)**

Groups **St S F P—M**

Mix well together 1 pint **bread crumbs** and 6 tablespoons **grated chocolate**; add to 1 pint **boiling milk**, stir a few minutes, then take from the fire and add the beaten yolks of 3 **eggs** and 4 tablespoons **brown sugar**. Bake in a buttered pudding dish about fifteen minutes, then cover with the whites of the eggs beaten to a stiff froth with 3 tablespoons **sugar**, and let brown. Serve cold with **vanilla sauce**.

891. **Steamed Chocolate Pudding (1)**

Groups **F P S—St M**

Rub $\frac{1}{2}$ pound of **cocoa** or **grated chocolate** to a smooth paste with hot **water**, then add 1 pint hot **milk** and let cook gently for ten minutes; add 1 tablespoon **butter** and **sugar** to taste. When cold, stir into this mixture first the beaten yolks of 2 **eggs**, then the whites beaten to a froth. Put into a mold, buttered and sprinkled with sifted **bread crumbs**; cover, and steam about one hour.

892. **Steamed Chocolate Pudding (2)**

Groups **F P—St S M**

Melt about 6 ounces of **chocolate**, scraped very fine, with 3 teaspoons of **sugar**; add 2 tablespoons **flour** and 1 scant cup **milk**. Stir until free from lumps, then add the yolks of 4 **eggs**, one by one; beat thoroughly, and pour this mixture into the whites of the eggs which

have been whipped to a stiff froth. Steam in a buttered mold, securely closed, from thirty to forty minutes.

893. **Christmas Pudding, Boston Style**

Groups **F P M St—S**

To 2 **eggs**, well beaten, add 2 cups **Boston brown bread** broken into crumbs, 2 tablespoons melted **butter**, 1 quart **milk**, a little **salt**, and lastly, chopped **raisins**, **currants**, **citron**, **figs** and **almonds** to make 1 cup. Bake in a buttered pan until firm in the center; invert on a platter, and serve garnished with candied **lemon peel**, candied **cherries**, and blanched **almonds**.

894. **Cocoanut Pudding**

Groups **F P S M—St**

Mix $\frac{3}{4}$ cup grated **cocoanut** and $\frac{1}{2}$ cup **bread** or **cake crumbs**; add 3 **eggs**, 1 pint **milk**, $\frac{1}{2}$ cup **sugar**, **butter** the size of a walnut, and a little **almond extract**. Beat well, and bake in a buttered pudding form about forty-five minutes. Cover with **white of egg**, beaten to a stiff froth with **sugar** and sprinkled liberally with shredded **cocoanut**; let brown in the oven. When serving, put a spoonful of **grape jelly** on each portion.

895. **Steamed Bread Pudding**

Groups **S St P M F**

Into 1 quart of **bread crumbs** stir 1 cup **milk**, boiling hot, 1 cup **molasses**, and 1 cup chopped **raisins**, **dates**, or **figs**. Add 1 tablespoon **butter**, a little **spice**, about 1 cup **whole wheat flour**, and a pinch of **baking soda** dissolved in a little hot **water**. Mix the ingredients well,

then put in molds and boil or steam three hours. Serve hot with **hard sauce**.

896. **Cocoanut Soufflé**

Groups **F P M S**

Heat 1 pint of **milk** to scalding and stir into it 1 cup grated fresh **cocoanut**. Set aside until cold; add 5 **eggs** beaten until light, and 1 teaspoon **essence of bitter almonds**. Bake in a buttered pudding dish about fifteen minutes. Serve with **whipped cream**.

897. **Cottage Pudding**

Groups **S St F P—M**

Rub to a cream 1 cup **sugar** with 1 dessertspoon of **butter**; add 2 well beaten **eggs**, $\frac{1}{2}$ cup **milk**, $1\frac{1}{2}$ cups **flour**, 2 teaspoons **baking powder** sifted into the flour. Beat well, pour into a flat baking pan, and bake twenty minutes. Serve with **nutmeg sauce**, or any preferred **sauce**, or with **berries** mashed and **sweetened** to taste.

898. **Cream Puffs**

Groups **F St P S—M**

Heat 1 cup **water** in $\frac{1}{2}$ cup **butter** until it boils; add $1\frac{1}{2}$ cups **flour** at once, and mix thoroughly; let cook about five minutes. When cool, add 6 **eggs**, one at a time. Beat until thoroughly mixed and drop by table-spoonfuls on buttered tins and bake in a hot oven twenty-five or thirty minutes. When cold, cut open and fill with **sweetened whipped cream**, flavored with **vanilla**, or with a **custard** filling made as follows:

Stir 2 **eggs**, 1 cup **sugar** and 6 teaspoons **flour** into 2 cups boiling **milk**; cook until thick; flavor with **vanilla**.

899.

Cup Pudding

Groups F St S M—P

Cream $\frac{1}{4}$ pound butter, sift in 5 tablespoons flour and 1 teaspoon baking powder; stir until perfectly smooth; add 1 cup milk, 3 tablespoons sugar and $\frac{1}{2}$ cup currants which have been cleaned and soaked. Fill buttered custard cups with the mixture; bake in a good oven about thirty minutes. Serve with apple sauce or other fruit sauce.

900.

Date Pudding

Groups F P S M—St

Beat the yolks of 4 eggs to a cream with 1 cup brown sugar; add $\frac{1}{2}$ pound each of dates and English walnuts, chopped fine, $\frac{1}{2}$ cup whole wheat bread crumbs, and 1 teaspoon baking powder. Mix thoroughly, then fold in the whites of the eggs, beaten very stiff. Bake in a buttered pan about thirty minutes. Serve with whipped cream.

Figs or raisins may be used in place of dates.

901.

Date Cream Pudding

Groups S F P

To 1 quart milk add 3 tablespoons fine tapioca; cook about fifteen minutes, then add the yolks of 2 eggs and $\frac{1}{2}$ cup sugar, well beaten together, and 1 pound of stoned and cut dates; cook about fifteen minutes longer; remove from fire and fold in the stiffly beaten whites of the eggs. Serve either hot or cold, with cream, plain or whipped.

902. **Date and Nut Pudding**Groups **St S F P—M**

1 cup **sour milk**, 2 cups **flour**, 1 cup **butter**, $\frac{1}{2}$ teaspoon **salt**, 1 teaspoon **baking soda**, $\frac{1}{2}$ cup **nut meats**, 1 cup **stoned dates**, 2 tablespoons **molasses**, 2 tablespoons **brown sugar**, $\frac{1}{2}$ teaspoon **grated nutmeg**. Mix all ingredients thoroughly, turn into a well buttered mold, cover with buttered paper, and steam steadily for two hours.

903. **Date Soufflé**Groups **S F P—M**

To the well beaten yolks of 4 **eggs** add 8 tablespoons **brown sugar**, $\frac{1}{2}$ pound **dates** stoned and stewed until soft, and a little **lemon extract**, or **lemon juice** and **peel**. Fold in the whites of the eggs, beaten stiff with some **grated orange peel**. Bake in a slow oven fifteen to twenty minutes. Serve with **vanilla sauce**.

Figs or **raisins** may be used instead of **dates** in these recipes.

904. **Egg Float with Fruit**Groups **F P M—S**

Scald 1 quart **milk** and sweeten to taste; beat the whites of 6 **eggs** very stiff and drop by spoonfuls into the scalding **milk**; each spoonful will sink, then puff up light and fluffy; remove carefully to a large dish, and cover with fresh fruit—pitted **cherries**, **raspberries**, **strawberries**, or **peaches**; make a custard of the remaining milk and egg yolks, **flavor** to suit taste, and pour over all. With a large spoon carefully reverse con-

tents of dish, so that the egg float comes on top. In serving, cut down through so as to serve the fruit, custard and float.

905.

Floating IslandGroups **S F P M**—St

Heat 1 quart **milk** in a double boiler; when nearly boiling stir it into the yolks of 4 **eggs** beaten with $\frac{1}{2}$ cup **sugar**; put back into double boiler, stir until it thickens, take from fire, add $\frac{1}{2}$ teaspoon **vanilla**, then set aside to cool. When ready to serve, drop over the custard little mounds of white of egg, beaten very stiff with **powdered sugar**. A few **currants** or a bit of **currant jelly** may be put on top of each island.

The custard may be made with 2 tablespoons **cornstarch** and 2 **eggs**, the cornstarch to be added to the milk first.

906.

Fig Pudding (2)Groups **S M F P**—St

Mix well 2 cups each of finely chopped **figs** and **whole wheat bread crumbs**; add 1 large tablespoon melted **butter**, 1 cup brown **sugar**, 2 **eggs**, juice and grated rind of 1 **lemon**, 1 tablespoon **flour**. Steam three hours. Serve with whipped **cream**, or with **fruit sauce**.

907.

Fig Pudding (3)Groups **St M F S**—P

Follow directions for Dried Fruit Pudding, recipe 908, substituting chopped **figs** for **peaches**, and adding 1 teaspoon ground **cinnamon**.

908. **Dried Fruit Pudding**

Groups St M F S—P

Rub $\frac{1}{2}$ cup butter into $2\frac{1}{2}$ cups graham or whole wheat flour; when well blended add 1 cup each of sweet milk, molasses, raisins, chopped fine, and dried peaches, which have been soaked over night, then cut into strips; add a little salt and $\frac{1}{2}$ teaspoon baking soda dissolved in a little hot water. Mix well, steam in a buttered mold about three hours. Serve with lemon sauce.

909. **Frozen Pudding**

Groups F S—P

Beat 1 quart cream with sugar to taste, and a few drops vanilla; add $\frac{1}{2}$ pound macaroons broken into crumbs. Divide into two parts; to one part add 4 ounces sweet chocolate; to the other part add candied cherries, chopped very fine. Fill a buttered mold alternately with these mixtures, and pack in ice and salt for five hours.

910. **Chocolate Glacé**

Groups F S

Dissolve 1 pint chocolate ice cream in 1 pint plain cream; put 1 tablespoon chocolate ice cream in tall glasses, fill $\frac{2}{3}$ full with the cream mixture; top with whipped cream.

911. **Graham Pudding (1)**

Groups St S P F M

Into 2 cups graham flour stir 1 cup sour milk, 1 tablespoon melted butter, 1 cup molasses, 1 cup chopped

raisins, dredged with flour, $\frac{1}{2}$ teaspoon each of ground cloves and cinnamon, a little nutmeg, a pinch of salt, and 1 teaspoon baking soda, dissolved in 1 tablespoon boiling water. Beat thoroughly, pour into a well buttered mold, and steam three hours. Serve with cream or any suitable sauce.

912.

Graham Pudding (2)

Groups St P F S M

$1\frac{1}{2}$ cups graham flour, $\frac{1}{4}$ cup butter, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup sweet milk, 2 eggs, $\frac{1}{2}$ cup raisins, $\frac{1}{2}$ teaspoon soda dissolved in hot water, a pinch of salt, and spices to suit taste. Mix well and steam three hours. Serve with any preferred sauce.

913.

Grapes in Jelly

Groups S M F

Make a clear orange or lemon jelly; fill individual molds to the height of about one inch; when hardened, place in each mold a small bunch of nice grapes, and fill the mold with jelly to nearly cover the grapes. When cold, garnish with grapes. Serve with cream.

914.

Holiday Pudding

Groups St S F P—M

Mix thoroughly 1 pint bread crumbs with 1 cup flour and 1 cup seeded raisins, floured; add 1 cup each of molasses and water, 1 egg, 1 tablespoon melted butter, and 1 teaspoon baking soda dissolved in a little hot water. Fill buttered custard cups or small jelly glasses, set in a pan of hot water and steam about one hour. Serve in saucers in a border of custard sauce.

If jelly glasses are used, they should be put on strips of wood placed across the bottom of the pan to prevent cracking the glass.

915. **Lemon Pudding**

Groups **F P M S—St**

Beat 1 whole egg and the yolks of 2 eggs, add $\frac{3}{4}$ cup water, and juice of 2 lemons and grated rind of 1; mix 1 cup sugar and 2 tablespoons flour, then add the eggs, lemon and water; cook in double boiler until it thickens; pour into a buttered baking pan and let bake ten to fifteen minutes. Beat the whites of the 2 eggs, add a little sugar and spread over the pudding; let brown, cool, and serve.

916. **Steamed Lemon Pudding**

Groups **F P St S—M**

Rub to a cream $\frac{1}{2}$ cup each of butter and sugar; add 2 eggs, one at a time, beat well, and add 6 ounces sifted bread crumbs and the juice and grated rind of 1 large lemon. Put into a buttered mold and steam thirty minutes.

917. **Maple Pudding**

Groups **S F P—St**

Dissolve 2 cups maple sugar or brown sugar in 3 cups water; put over the flame and stir until it boils, then add 3 tablespoons cornstarch dissolved in a little cold water; let boil ten minutes, then stir in $\frac{1}{2}$ cup chopped walnuts. Serve cold with whipped cream. This is a delicious dessert.

918. **Maple Cream Pudding**Groups **F M S P**

Put 1 quart thin **cream** in double boiler with a pinch of **salt**, and when boiling add 4 tablespoons **arrowroot** dissolved in a little cold **milk**; cook until thick and smooth, then add a few teaspoons cold **milk**; remove from the fire and add the beaten yolks of 3 **eggs**; return to fire and cook until eggs are set; add 1 tablespoon **maple flavor**, pour into a mold dipped in cold water, and chill.

Boil 1 cup **maple syrup** with $\frac{1}{2}$ cup **lemon juice** until it threads; remove from the fire and cool slightly, then add gradually the stiffly beaten whites of 3 **eggs**; let chill; beat 1 cup **cream** until stiff, then fill into the mixture. When ready to serve, turn out the pudding and serve with **cream**.

919. **Marshmallow Pudding (1)**Groups **P S F M**

Beat the whites of 8 **eggs** very stiff; add 14 tablespoons **granulated sugar**; divide into two sections; dissolve 1 tablespoon **granulated gelatin** in $\frac{3}{4}$ cup warm **water** for each portion, coloring one portion pink, leaving the other one white; beat into the eggs until gelatin begins to stiffen, then turn into square, flat mold, first pink, then white; slice like ice cream; serve with **whipped cream**, garnished with perfect **strawberries**, or **candied cherries**.

920. **Marshmallow Pudding (2)**Groups **S F P—St**

Soak 2 dozen **marshmallows** and $\frac{1}{2}$ cup **maple sugar** in 1 quart **cream** for four hours; cut an **angel food**

cake into layers; spread with the marshmallow preparation, add another layer of cake, alternating until all is used; cover the whole with **whipped cream**, **sweetened** and **flavored** to suit taste. Garnish with **candied cherries** or **candied rose leaves**.

921. **Mound Pudding**

Groups **F P S St**

Put 2 tablespoons **gelatin** into a saucepan with 2 cups **milk**; mix 2 tablespoons **cornstarch** with 4 tablespoons **sugar** and 1 cup **milk**, then add to the gelatin and cook five minutes, stirring constantly; remove from the fire, add the well beaten yolks of 4 **eggs**, a pinch of **salt**, $\frac{1}{2}$ teaspoon **almond** or **vanilla** flavoring, and $\frac{1}{2}$ cup blanchéd **almonds**; mix and pour into a wet mold and set on ice. When ready to serve, decorate with **whipped cream** and **cherries**. Serve with **custard sauce**.

922. **Novel Pudding**

Groups **F St P M**

To 1 cup **bread crumbs** add 1 well beaten **egg**, **salt** and **nutmeg** to taste; mix well, then add 1 cup **butter** and 2 cups **asparagus**, cut fine; steam two hours in a well buttered mold. Serve with **hard** or **vanilla sauce**.

923. **Steamed Nut Pudding (1)**

Groups **F S P—St M**

Mix well together $\frac{1}{2}$ cup each of sweet **milk**, **butter** and **molasses**; add a pinch of **salt** and enough **flour** to make a fairly stiff batter; stir in $\frac{1}{2}$ teaspoon **baking soda** dissolved in a little of the milk, and, lastly, add

$\frac{1}{3}$ cup each of seeded raisins, English walnuts and almonds, chopped rather fine; butter a mold, dust with sifted bread crumbs, put in the nut mixture and steam two hours. Serve with whipped cream or any preferred sauce.

924.

Orange Soufflé

Groups M F P S St

To the juice and pulp of 3 oranges and the grated rind of 1, add 4 ounces of grated bread crumbs; beat the yolks of 3 eggs with 2 tablespoons sugar and 1 cup milk; mix well with the oranges and bread crumbs, stir in the beaten whites of the eggs, pour into a well buttered baking dish, and bake about twenty minutes. Serve with fruit sauce or whipped cream.

925.

Paradise Pudding

Groups M S St F P

Mix well 3 apples, chopped fine, $\frac{1}{2}$ cup grated carrots, $\frac{1}{2}$ cup sugar, 2 cups bread crumbs, 3 eggs, juice and grated rind of 1 lemon; mix well, put into a buttered mold and steam two hours. Serve with hard sauce.

926.

Peach Betty

Groups M St S F

Follow directions for Brown Betty, recipe 875, using sliced peaches instead of chopped apples.

927.

Peach Canapés

Groups St S M F—P

Cut sponge cake that is two or three days old into two-inch cubes; make a hollow in each, fill with sliced peaches, and top with whipped cream.

928.

Peach DaintyGroups **M S**

Remove the skin from ripe but firm **peaches**; cut in quarters, remove seeds, dip each section in **lemon juice** to prevent discoloration; make a syrup by boiling 1 pound of granulated **sugar** with $\frac{1}{2}$ cup **water** until quite thick; let the peaches simmer in this syrup for a minute or two; put into the freezer, first removing the dasher, and pack with ice and salt. Freeze to the consistency of sherbet.

929.

Peach DelightGroups **M S St—P F**

Pare **peaches**, cut in halves and remove stones; boil the **kernels** in $\frac{1}{2}$ cup **water** for fifteen minutes, then strain; mix $\frac{1}{2}$ cup **sugar** with 1 tablespoon **flour**; butter a deep dish well, put in a layer of peaches, sprinkle with the sugar and flour, dot with **butter**, cover with another layer of peaches, and continue until all are used; pour the water in which the pits were cooked over this. Make a rich **biscuit dough** for the top, and place over the whole; slit in a few places to let the steam escape. Serve as you would shortcake, with **cream**.

930.

Peach Pudding (2)Groups **M F S P—St**

Scoop out a shallow loaf of sponge or other **plain cake**, fill the center with sliced **peaches**, either fresh or canned; cover with the yolks of 3 **eggs** beaten with 2 tablespoons **sugar** and 2 cups **milk**; flavor as preferred;

bake in a moderate oven until custard is set. If desired, sprinkle chopped **nut meats** or grated **macaroons** over the top. Serve with any suitable **sauce**.

931. **Peaches Served Like Poached Eggs on Toast**

Groups **M S F—P St**

Cut yellow **peaches** in halves, remove skin and stones. Put **whipped cream** on toasted slices of plain **cake**, press the halved peaches, inner side down, into it, so as to represent poached eggs. Brush the outer surface of the peaches with **cream** or with **powdered sugar** and **lemon juice** beaten together until smooth.

932. **Prune Dessert**

Groups **M F P S**

Soak 1 cup **prunes** over night, remove seeds and cut into quarters; add 1 cup each of diced **celery** and coarsely chopped **nuts**. Serve with **whipped cream**, or a **sauce** made as follows:

To the well beaten yolks of 2 **eggs** add 1 tablespoon **lemon juice**, 2 of **orange juice**, $\frac{1}{2}$ cup **prune juice**, 2 tablespoons **brown sugar**, and a little **cinnamon**. Mix well, cook in a double boiler until thick, and fold in the whites of the eggs beaten stiff.

933. **Surprise Peaches**

Groups **M S F**

Peel and halve large ripe **peaches**, remove stones, fill cavities with **vanilla ice cream**, cover with the other halves of the peaches; hold in place with large tooth-picks with baby ribbon tied to the end. Should be served at once, on paper napkins.

934. **Pineapple Brown Betty**Groups **M St S F—P**

Fill a baking dish with alternate layers of grated **pineapple** and **bread crumbs** sprinkled with **sugar** and dotted with bits of **butter**; the upper layer should be of crumbs; cover with a plate and bake about thirty minutes in a slow oven, then remove plate and let brown on top. Add a little **water** if the pudding seems to get too dry.

935. **Pineapple Glacé**Groups **M F S—St P**

Whip sweetened cream very stiff, add **pineapple** cut into small chips, garnish with **candied cherries**. Serve with plain cake.

936. **Pineapple and Marshmallow Dessert**Groups **M S F—St**

Cut 1 medium sized **pineapple** into large dice, sprinkle with **sugar** and add 1 cup of **water**. Let stand one hour, then spread over **marshmallows** cut in halves and arranged in a glass dish. Serve with **whipped cream**.

937. **Pineapple Pudding**Groups **M S P—St**

Fill a two quart pudding dish about one-third full with sliced or diced **pineapple**; sprinkle with $\frac{1}{2}$ cup **sugar**; let stand ten minutes. Into 1 pint boiling **water** stir 1 heaping tablespoon **cornstarch** (rubbed smooth in cold **water**); let boil ten minutes, allow to get cool, and pour over the pineapple; over the top

spread the whites of 2 eggs, beaten to a stiff froth with 1 tablespoon sugar; put into the oven to brown.

No sauce is required for this pudding, as the juice from the pineapple will be sufficient.

938.

Plum Pudding

Groups F P St S M

Break 6 eggs into a large bowl, beat until light, then add 1 cup sugar, a pinch of salt, nutmeg and other spices to suit taste, 1 cup milk, 1 cup seeded raisins, 1 cup currants, 1 cup chopped almonds, $\frac{1}{2}$ cup citron, cut into fine strips, 1 cup melted butter, 2 cups bread crumbs, 2 cups flour, and, last, 1 teaspoon baking soda dissolved in a little hot water. Mix thoroughly, steam in a buttered mold or in a bag for four or five hours. Serve with hard sauce.

939.

Creamed Rice Pudding

Groups S F St—M P

Wash $\frac{1}{2}$ cup rice and put on to cook in 1 quart cold water; let boil two or three minutes, then pour off all the water; add 1 pint milk to the rice and cook one hour in a double boiler; add $\frac{1}{2}$ ounce gelatin which has been soaked two hours in $\frac{1}{2}$ cup cold water; 1 cup sugar and $\frac{1}{2}$ teaspoon salt; remove from fire and set in a pan of cold water, stirring occasionally; let stand until nearly cold, then add 4 tablespoons pineapple juice and fold in $\frac{1}{2}$ cup cream, whipped stiff; put in mold; when cold, serve with whipped cream flavored with strawberry juice, or plain. Garnish with angelica or candied cherries.

940. **Rice and Peach Mold**Groups **S St F P M**

Cook 4 ounces of well washed **rice** in 1 quart **milk** very slowly until tender; add 2 ounces **sugar**, a little **salt**, and 2 teaspoons **vanilla**; rub through a wire sieve. Rinse a plain mold or flat bowl in cold water, place $\frac{1}{2}$ of a firm **peach** in the bottom, inner surface down; arrange around it a circle of **cherries** or fine **berries**; cover carefully with a layer of rice, leaving enough room at the sides for a circle of **peaches** cut into eighths, taking care to have the sections of even size; finish packing the mold with rice and put on ice to set. When ready to serve, invert on a suitable dish, put a spoonful of **whipped cream** in the hollow of the peach on top of the dessert, and garnish with **cherries** or **berries**. Serve with **whipped cream** or with **cherry juice** thickened with **cornstarch** and sweetened to taste.

941. **Rhubarb Pudding**Groups **M S St—F**

Into a well buttered baking dish put 2 cups **rhubarb**, cut into inch long pieces without paring; pour over 1 cup **brown sugar** (the light brown grade), and $\frac{1}{2}$ cup boiling **water**. Make a batter of 2 cups **flour**, 1 dessertspoon **butter**, 2 tablespoons **sugar** and $\frac{1}{2}$ cup boiling **water**; pour over the rhubarb, and bake twenty minutes in a hot oven.

942. **Snow Balls**Groups **St P F M**

Cream $\frac{1}{2}$ cup **butter**, add 1 cup granulated **sugar**, and beat well; mix 2 level teaspoons **baking powder**

with 2 cups **flour** and $\frac{1}{2}$ cup **milk**; beat the whites of 5 **eggs** very stiff and add lightly; fill buttered cups half full of the mixture and steam one hour; roll in **powdered sugar** and serve with **fruit sauce**.

943.

Snow BisqueGroups **F P S—St M**

Dip slices of stale **cake** in **milk**; to the well beaten white of **egg** add chopped blanched **almonds** and **powdered sugar** to taste. Spread over the cake and heat in the oven, then brown on top.

944.

Sour Cream PuddingGroups **F S St P—M**

1 cup **sour cream**, $\frac{3}{4}$ cup chopped **raisins**, 1 scant cup **sugar**, the yolks of 3 **eggs**, the stiffly beaten whites of 2 **eggs** added at the last, and a little **cinnamon**; line a baking dish with **biscuit dough**, fill with the cream and bake. Spread with meringue and brown in the oven.

945. **Steamed Pudding with Strawberry Sauce**Groups **St P F S M**

Beat together the whites of 2 **eggs** and the yolks of 1; add 1 cup **milk**, $\frac{1}{2}$ cup cold **water**, 2 tablespoons melted **butter**, and a pinch of **salt**; stir into this mixture $1\frac{1}{2}$ cups **flour**, sifted twice with 3 level teaspoons **baking powder**; when perfectly smooth, put into a buttered pudding mold and steam forty minutes, or

twenty minutes if individual molds are used. Should be served as soon as taken from the fire.

For the **sauce**: Rub to a cream $1\frac{1}{2}$ cups **sugar** with $\frac{1}{2}$ cup **butter**; stir into this 1 quart ripe **strawberries**, quartered, with their juice. Let stand in a cool place about two hours before serving.

946. **Steamed Nut Pudding (2)**

Groups F S P St—M

Mix well together $\frac{1}{2}$ cup each sweet **milk**, **butter** and **molasses**; add a pinch of **salt**, **flour** enough to make a good batter, and $\frac{1}{2}$ teaspoon **soda**, dissolved in the milk; stir in $\frac{1}{3}$ cup each of seeded and chopped **raisins**, chopped **English walnuts** and minced **figs**; dredge fruits and nuts with **flour**, turn the pudding into a buttered mold and steam for two hours. Serve with **sauce** made as follows:

Cream $\frac{1}{3}$ cup **butter** with $\frac{1}{2}$ cup **sugar**; set in boiling water and beat until frothy; add 1 cup **whipped cream** and 1 tablespoon **fruit juice**; use at once.

947. **Strawberry Pudding**

Groups M F S P St

Rub to a cream 1 cup **sugar** and 1 tablespoon **butter**; add the well beaten yolks of 4 **eggs**, 2 cups **bread crumbs**, and 4 cups **milk**; pour into a buttered baking dish and bake, covered, until firm. Without taking from the oven (to prevent falling) spread quickly with 2 cups nice, ripe **strawberries**, sprinkle with **sugar** to suit taste, and cover with the whites of eggs beaten to a stiff froth with $\frac{1}{2}$ cup **powdered sugar**; set back in the oven until lightly browned. Eat cold, with **cream**.

948. Strawberry Soufflé

Groups M S P F

Soak 1 box powdered gelatin in $\frac{1}{2}$ cup cold water for half an hour; stir 1 cup sugar in 1 pint strawberry juice and boil three minutes; while still hot, pour over the gelatin; let stand until it begins to thicken, then whip with an egg beater and allow to cool; add 1 cup chopped strawberries; when firm, serve with whipped cream.

949. Toby Pudding

Groups St S—M F

Cut stale bread into cubes; fill a buttered mold nearly full and pour over it a glass of hot currant jelly; leave until it has set. Turn out and serve with whipped cream.

SAUCES FOR PUDDINGS

950. Raw Fruit Sauce

Groups M S

Crush berries of any kind, one or more varieties, sweeten and serve with puddings or rice.

951. Fruit Sauce

Groups M St S

Take any desired fruit, cover with water and cook until tender; strain, thicken with a little cornstarch, and sweeten to taste.

952. **Grape Sauce**Groups **S M**—**St P**

Pick and wash **Delaware grapes**, add a little **water** and let cook about half an hour. **Sweeten** and let cool. Thicken with **cornstarch** if desired.

953. **Mock Maple Syrup**Group **S**

Dissolve **brown sugar** in boiling **water**. When cool, flavor with **vanilla**.

954. **Cream Sauce**Groups **F S**

Beat well 1 cup rich **cream** with **powdered sugar** to suit taste. Flavor with **almond extract** or grated **blanched almonds**, allowing 1 bitter almond to every 10.

955. **Whipped Cream Sauce**Groups **F S**

Cream $\frac{1}{3}$ cup **butter** with $\frac{1}{2}$ cup **sugar**; set in boiling water and beat until frothy. Add 1 cup **cream**, which has been whipped very stiff. If a fruit flavor is desired, add 1 tablespoon **grape** or any other fruit **juice**.

956. **Soft Custard Sauce**Groups **F S P**—**M**

Heat 2 cups **milk** in a double boiler. When scalding, pour it, a little at a time, into the yolks of 3 **eggs** beaten with 3 tablespoons **sugar**. Put back into the double boiler and let thicken, then flavor with **vanilla** and set aside to cool.

957.

Foamy Sauce

Groups P F S—M

1 cup **sugar**, yolks of 3 **eggs**; stir constantly for ten minutes, or until it gets foamy; add 1 teaspoon **vanilla** or **almond flavor**. Serve at once.

958.

Caramel Sauce

Groups S F St

Rub 1 teaspoon **flour** into 2 cups **brown sugar**, add **butter** the size of a walnut (melted), then $\frac{1}{2}$ cup **cream**. Beat well, and cook in a double boiler, stirring frequently until the mixture has a waxy appearance. Remove from the fire and flavor with **vanilla**.

959.

Cardinal Sauce

Groups M St—F

Cook 1 cup of **cherries**, stoned, $\frac{1}{2}$ cup **raisins** and $\frac{1}{2}$ cup **pineapple**, cut into cubes, in 1 quart of **water** until tender, then add the juice of 1 **lemon**, a little **cornstarch** dissolved in **milk**, 1 **orange** cut into cubes; **sweeten** to taste, and, if desired, add the well beaten yolk of 1 **egg**.

960.

Chocolate Sauce

Groups S F P—M

Heat 1 pint **milk** to boiling. In a separate pan, melt 2 ounces **bitter chocolate**, shaved fine, with 3 tablespoons **sugar** and about $\frac{1}{4}$ cup boiling **water**. When perfectly smooth, add this to the milk and stir until well blended. Beat the yolks of 3 **eggs** with 3 tablespoons **sugar**, a pinch of **salt** and a little cold **milk**. Into this mixture pour slowly, with constant stirring, the boiling milk and chocolate. Return to the fire and

let come to boiling, then set aside to cool. Stir occasionally until quite cold. Add 1 teaspoon **vanilla**.

961. **Ema's Hard Sauce**

Groups **S F P**

Rub $\frac{1}{4}$ cup **butter** to a cream, add, gradually, 1 cup **powdered sugar**, always stirring in one direction, and the whites of 2 **eggs**. When light and foamy, flavor with extract of **vanilla** and keep in a cool place until wanted. Grate a little **nutmeg** over the top.

962. **Nutmeg Sauce**

Groups **S F P—M**

Rub $\frac{1}{2}$ cup **sugar** to a smooth cream with 2 tablespoons **butter**. Add 1 **egg**, beaten very light, 1 tablespoon **lemon juice**, and 1 heaping teaspoon grated **nutmeg**. Beat well, then add 3 tablespoons boiling **water**. Place the dish in a pan of boiling water and keep stirring until the sauce is scalding hot, but do not let it boil.

Cinnamon sauce may be made in the same manner.

963. **Orange Sauce**

Groups **M S F—St**

Dissolve $\frac{1}{3}$ cup **sugar** in $1\frac{1}{2}$ cups boiling **water**. Thicken with 1 heaping tablespoon **cornstarch**, rubbed smooth in a little cold **water**. Let boil about ten minutes, then add the juice of 2 **oranges** and some of the grated orange rind, also a lump of **butter** the size of a walnut, and pour the mixture into the beaten yolk of 1 **egg**, stirring constantly until well blended.

964.

Pudding Sauce

Groups F S P

$\frac{1}{2}$ cup of butter, 1 cup sugar, 1 egg, 1 teaspoon vanilla. Stir for fifteen minutes, and just before serving add 2 tablespoons boiling water.

965.

Vanilla Sauce

Groups S F St—M

Rub 1 cup brown sugar into $\frac{1}{2}$ cup butter, and stir in one direction until foamy. Add 2 tablespoons flour. When well mixed, add enough boiling water to make the right consistency, and let boil about three minutes, with constant stirring. Add the juice of $\frac{1}{2}$ lemon and flavor with extract of vanilla to suit taste.

SWEETS

In place of other dessert, two or three pieces of wholesome home-made confections may be eaten by the normal person. It should never be a part of the curative diet, however.

A few recipes for the more simple and wholesome sweets are appended.

966.

Steamed Dates

Groups S M

Dates washed and steamed are a wholesome and delicious confection.

967.

Stuffed Dates

Groups S M P—F

Remove the stones from raw or steamed dried dates, and fill cavities with cottage or cream cheese, English walnuts, hickory or pecan meats.

968.

Fruit Cheese

Groups S M P—F St

Take equal parts of **figs**, **dates** and **pecan meats**, mix and mince in a chopping bowl, then run through a nut grinder twice, until thoroughly mixed. Do not grind so fine as to press the oil from the nuts. Turn out onto a bread board covered with oiled paper and roll the mass to about one-half inch thickness. Then cut into cubes, similar to caramels, or into round or fancy shapes with tiny cutters, or the dough may be formed into small balls. The pieces may be wrapped in oiled paper, packed into tin boxes and kept for some time, or the cheese may be packed into small cans and sliced when ready to serve.

Raisins, **prunes** or **dried pears** may be substituted or added.

This makes a delicious and very wholesome confection.

969.

Popcorn Balls

Groups St S—M

Boil without stirring until the syrup will snap up like glass after being dropped in cold water, 1 cup **molasses**, 2 cups **brown sugar**, 1 tablespoon **butter** and 2 of **lemon juice**. This quantity is for about 3 quarts of **popped corn**. Pour syrup over corn and mix with a spoon, stirring well from the bottom. When forming into balls, do not crush too tightly and dip the hands occasionally in cold water to keep from sticking.

970.

Brown Sugar Fudge

Groups S—F P

3 cups **light brown sugar**, 1 cup **milk**, 1 tablespoon **butter**, 1 tablespoon **lemon juice**. Boil until it hardens,

take from fire and stir, adding **vanilla**, until it creams; add **nut meats** if desired, pour on buttered platter and cut into squares.

971.

Sea Foam FudgeGroups **S P F—M**

Boil together 2 cups **brown sugar**, $\frac{1}{2}$ cup **water** until it spins a thread; pour into the stiffly beaten whites of 2 **eggs**. Add piece of **butter** then add 1 pound **walnut meats** cut in pieces. Drop by spoonful on buttered paper.

972.

Maple CandyGroups **S—M P F St**

Take 2 pounds **maple sugar**, 2 cups **milk**, 2 table-spoons **butter**. Boil until it forms a soft ball when dropped in cold water; beat until it begins to harden, and pour into a tin. One cup of **nuts**, particularly butternuts, makes a desirable addition.

973.

Blanched AlmondsGroups **P F—M St**

Cover **almonds** with boiling water and let stand five minutes; drain, put into cold water and rub off skins. Put a piece of **butter** or some olive oil in a pan, add the nuts and brown slightly in oven. A little **salt** may be added.

974.

Garden "Ginger"Groups **S—M**

A delightful substitute for preserved ginger can be made at small expense from carrots. If white carrots

can be procured garden “ginger” will resemble preserved ginger more closely in color, but either white or yellow carrots may be used. Choose carrots of fine texture and boil for ten minutes. Scrape off the outside layer and quarter lengthwise; cut in quarter inch pieces, discarding the points and core. Boil until tender, changing the water several times. To 1 pound of the prepared **carrots** add 2 pounds of **brown sugar**, 1 quart of **water**, 2 ounces of green **ginger root** shaved fine, and the grated rind and the juice of 1 **lemon**. Boil for fifteen minutes. Repeat the process for four successive days until the syrup is thick. If green ginger cannot be obtained substitute 1 ounce of ground ginger. This must be put into a bag made of cloth so fine that it will not allow the grains to escape during the boiling. It can be finished as a confection at once and packed away dry, but the better method of preservation is to leave it in the syrup until wanted. To finish, heat the syrup—with the “ginger” in it, of course—thoroughly and then drain. When no syrup drips from the “ginger” roll each piece in granulated **sugar** and place on a wire tray, making sure the pieces do not touch each other. Put the tray into an oven very slightly heated. When dry it is done.

975.

Mint JellyGroups **S M**

Mint jelly made from peas, canned or fresh, has an attractive shade of green that is as inviting as the flavor is satisfying. Prepare **green peas** by boiling, and, when cooked, drain off the liquid and put peas through a sieve. Dissolve 1 ounce of **gelatin** in $\frac{1}{2}$ cup of **water**. Cook $\frac{1}{2}$ cup of the prepared peas with 2 cups **sugar**

and $\frac{1}{2}$ cup water. When boiling add the gelatin and continue to cook until the mass will drop in a stringy point from the end of a wooden paddle—about 20 minutes. Flavor with **peppermint**. Pour the mass on a cold marble so it will form drops. When set, lift with a thin knife, place the drops together in pairs, base to base, and roll in sugar.

976. **Sultana Fudge**

Groups S St—M P

Cover either dried lima beans or ordinary shelled beans with cold water and let stand over night. In the morning boil until soft and force through a fine sieve to remove all the skins. Boil together 2 cups of sugar, $\frac{1}{2}$ cup of the prepared beans, $\frac{1}{2}$ cup water and 1 tablespoon butter. When the mass has boiled add 1 cup of milk, $\frac{1}{3}$ at a time, and cook until the mixture threads when tested in cold water. Remove from the fire and add $\frac{1}{2}$ cup of sultana raisins and $\frac{1}{4}$ cup of cut pecan meats. Pour on waxed paper on a marble slab. When set, mark it in squares, and when cold, cut it.

977. **Date Balls**

Groups S M P

Stone and chop 3 cups of dates; add 1 cup of chopped walnut meats, 1 tablespoon of honey or a fruit syrup and 1 tablespoon of chopped preserved ginger; then run through a chopper. Make into balls and roll in cocoanut.

978. **Tomato Marshmallow**Groups **S St M**

Cook and strain ripe **tomatoes**. If canned tomato is used it must be drained, cooked and strained. Make a syrup of $\frac{1}{2}$ cup of this strained tomato and 1 cup of **sugar**. Cook to 230 degrees F. Pour this syrup over 3 cups of **sugar** moistened with $\frac{1}{4}$ cup **water**. Stir, add 1 cup of **water** and cook to 240 degrees F. Remove from the fire and add 3 tablespoons of **gelatin** dissolved in 1 cup of **water**. Mix and strain. With a wooden paddle beat the mass until it becomes foamy and white, then gradually add the beaten whites of 2 **eggs** and continue beating until it is stringy and almost set. Sift in 1 tablespoon of **cornstarch**, stir well, and pour on a slab of marble previously dusted with confectioner's **sugar**. Let dry for twelve hours and cut in squares. If the marshmallow is to be eaten plain, roll it in confectioner's **sugar**, or in starch made of one part of **cornstarch** and two parts of **sugar**. It may be dipped in **crystal syrup** and rolled in granulated **cocoanut**, or coated with **chocolate**.

979. **Plum Pudding Candy**Groups **S—M P**

Put 6 cups of **brown sugar** into a large saucepan; add 1 cup of **water** and 1 tablespoon of **lemon juice**, and stir over the fire until dissolved; then add a pinch of **cream** of tartar and boil to 290 degrees F by the thermometer, or until it is brittle when tried in cold water. Pour out at once on a large buttered platter. When cool enough to handle, pull until white; then knead in 2 cups of chopped **figs**, 1 cup of seedless **raisins**, 1 cup of chopped preserved **cherries**, 1 cup of chopped

candied **citron peel**, 1 cup of chopped **cocoanut**, 1 cup of chopped blanchd **almonds** and $\frac{1}{2}$ cup of chopped candied **Angelica**. (Any other combination of chopped dried fruits and nuts may be used.) Turn into a square buttered pan and sprinkle powdered **cinnamon** over the top. Leave it in a cool place for eight hours to harden. Serve in slices.

980.

Beet Puffs

Groups S—P M F

Cut one medium sized **beet** into thin slices, cover with $\frac{1}{2}$ cup of **water** and cook until tender. Drain and to the liquid add 2 cups of **brown sugar**. When this has boiled for four minutes add $\frac{1}{2}$ cup of the cooked beet cut into small pieces. Cook to 240 degrees F. Remove from the fire and let stand until it ceases to steam. Beat the whites of 2 **eggs** to a stiff froth and add the beet mixture, beating thoroughly. Because this mixture is foamy and sets quickly it must be handled rapidly. Take a small portion at a time in a teaspoon and with a pecan nut, push the mixture from the spoon on to a waxed paper, leaving the nut meat imbedded in the puff.

981.

Pineapple Bars

Groups S—M F

Put 2 cups of **sugar** into a saucepan; add 1 cup of **cream** and 1 tablespoon of golden **syrup** or **honey**, then stir together until the mixture boils; add 2 cups of chopped **pineapple** and the strained juice of $\frac{1}{2}$ **lemon**, and boil briskly for ten minutes, or 240 degrees F. by the thermometer. Remove from the fire, allow to cool for two minutes, and beat with a wooden spoon until

the mixture is sugary and shows signs of stiffening. Pour into a buttered tin, and, when half cold, cut into neat bars. Other candies are made from the same foundation, such as ginger, tutti-frutti and fig candy.

A FEW SIMPLE CAKES

982. Date and Nut Cake

Groups F P S M

To 1 cup chopped **dates**, 1 cup chopped **nuts**, $\frac{1}{2}$ cup **sugar**, 3 tablespoons **flour** and 1 teaspoon **baking powder**, add 3 well beaten **eggs**; bake in a moderate oven about thirty minutes.

983. Peace Cake

Groups St S—M F

2 cups **brown sugar**, 2 cups **hot water**, 2 tablespoons **oil** or **butter**, 1 teaspoon **clove**, 1 teaspoon **cinnamon**, 1 package seeded **raisins**. Boil all together five minutes after it bubbles. When cool, add 1 teaspoon **soda** dissolved in 1 tablespoon **hot water**, and 3 cups **flour**. Bake in moderate oven forty-five minutes. Makes two small loaves.

984. Oatmeal Wafers

Groups St S—P F M

1 cup **sugar**, 2 **eggs**, 1 tablespoon **butter**, $2\frac{1}{2}$ teaspoons **baking powder**, 1 teaspoon **almond flavoring**, $2\frac{1}{2}$ cups **rolled oats**. Drop a teaspoonful at a time on buttered tins three inches apart and bake.

985. **Cream Sponge Cake**

Groups St S—P F M

1 cup sugar, drop 2 eggs in cup and fill cup with cream, beat this with sugar. $1\frac{1}{2}$ cups flour, $1\frac{1}{2}$ teaspoons baking powder, or if sour cream is used a little soda may be added. Flavor and bake.

986. **Honey Cream Cake**

Groups St S—P M F

$\frac{1}{4}$ cup margarin, 1 cup sour cream, 1 cup honey, $\frac{1}{2}$ cup brown sugar, 2 eggs, 1 teaspoon salt, 1 teaspoon soda, $\frac{1}{4}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon nutmeg, $2\frac{1}{2}$ cups flour. Cream the margarin, add the sugar and honey. Beat the eggs, combine with the sour cream, and add to the mixture. Sift together the dry ingredients and add, stirring constantly. Pour into a large, shallow, greased pan. Bake in a moderate oven for about three-quarters of an hour. Cool in the pan and cut into squares when cold. This cake keeps well.

987. **Fairy Gingerbread**

Groups St S—P M F

1 cup butter, 2 cups sugar, 1 cup milk, 4 cups flour, $\frac{3}{4}$ teaspoon soda, 1 tablespoon ginger. Beat butter to a cream. Add sugar gradually and when very light the ginger and the milk in which the soda has been dissolved, then the flour. Turn baking pans upside down and clean bottoms very carefully. Butter them and spread a very thin layer of the mixture on them. Bake in moderate oven until brown. While still hot cut quickly into squares with knife. Slip knife under them evenly and quickly and remove from pan. Keep in a tin

box. The mixture must be spread as thin as a wafer on bottom of pan and when removed put on flat dish till cool. It must be cut the instant it comes from the oven.

988.

Sponge Cake

Groups St S P—F

5 eggs, 1 cup sugar, 1 cup flour. Sift flour and sugar separately three times. Beat eggs and sugar twenty minutes then fold in flour and teaspoon of lemon extract. Bake twenty minutes.

SAMPLE MENUS

Containing Raw Foods Only

Banana Soup	Cream of Apple Soup
Osage Melon	Water Melon Cup
Shallots	Tomatoes
Celery	Cucumbers
Combination Salad	Favorite Salad
Morocco Grapes	Golden Bantam Sweet Corn
Assorted Nuts	(on cob)
Figs	Peach Surprise
Persimmons	
Cream of Celery Soup	Oatmeal Fruit Soup
Water Cress	Olives
Carrots	Chipped Pineapple
Banana Salad	Cabbage Cups
with Piquant Cheese Balls	Grated Carrots
Sliced Tomatoes	Cottage Cheese, with Chives
Unfired Bread	Fruited Whipped Cream
Honey	
Orange Ambrosia	

SAMPLE MENUS

Containing Cooked and Raw Foods

RELISHES	SOUP
Water Cress	Cream of Tomato
Green Onions	
SALAD	RELISH
Pineapple Salad	Cucumbers
VEGETABLES	SALAD
Sweet Potato Nut Roast	Waldorf Astoria
Cream Gravy	VEGETABLES
Spinach	Egg Plant Soufflé
Mashed Potatoes	Green Beans
DESSERT	DESSERT
Tutti Frutti Ice Cream	Rice Pudding, Cardinal Sauce
Wafers	

SAMPLE MENUS

346a

RELISHES
Celery Olives

SALAD
French Fruit Salad

VEGETABLES
Sanitarium Chop Suey
Green Peas Potato Puff

DESSERT
Floating Island

RELISHES
New Beets Celery

SALAD
Pimiento Salad

VEGETABLES
Hungarian Goulash
Escalloped Corn
Riced Potatoes

DESSERT
Lemon Foam

RELISHES
Celery Ripe Olives

SALAD
Piquant Salad

VEGETABLES
Creamed Cucumbers on Toast
Buttered Beets
Potatoes on the Half-Shell

DESSERT
Washington Baked Apples

SOUP
Cream of Peas

RELISHES
Shallots Celery

SALAD
Poinsettia Salad

VEGETABLES
Corn on Cob Brussels Sprouts

DESSERT
Concord Grape Pudding
with Cream

SOUP
Consommé

RELISH
Sliced Spanish Onions

SALAD
Shamrock Salad

VEGETABLES
Sweet Potato Croquettes
Tomato Sauce
Scotch Kale Stewed Carrots

DESSERT
Baked Peaches

RELISH
Fruit on the Half-Shell

SALAD
Greek Salad

VEGETABLES
Turkish Pilaf
Escalloped Tomatoes
Schnittbohnen

DESSERT
Delicate Custard

SAMPLE MENUS—Continued

SOUP St. Julian RELISH Cranberry Sauce SALAD Casaba Melon Salad VEGETABLES Barley Sausages, Brown Gravy Asparagus DESSERT Macaroon Whip	RELISHES Young Carrots Radishes SALAD Lettuce with Thousand Island Dressing VEGETABLES Leipziger Allerlei Riced Potatoes Stuffed Baked Tomatoes DESSERT Prune Soufflé
SOUP Clear Soup Croutons RELISH Sliced Tomatoes SALAD Florida Salad VEGETABLES Vegetable Roast, with Onion Rings English Vegetable Marrow DESSERT Apple Snow	RELISHES Cucumbers Celery SALAD Plum Salad VEGETABLES Cabbage with Brown Butter Green Beans Baked Sweet Potatoes DESSERT Lemon Foam

RELISHES Green Onions Yellow Tomatoes SALAD French Fruit Salad VEGETABLES Lima Beans Parsley Potatoes Escalloped Tomatoes DESSERT Chocolate Pudding with Cream
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PART II
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NATURAL DIETETICS

PART II

CHAPTER I

WHY WE FAVOR A VEGETARIAN DIET

We exclude from our dietary the flesh of dead animals because it doubles the work of our organs of elimination and overloads the system with animal waste matter and poisons. The following may serve to explain this more fully:

Two processes are constantly going on in every animal organism—a building up and a tearing down process. The red blood carries into the body the various elements of nutrition and comes back laden with poisonous gases, broken down cell material, and devitalized food products. This debris is carried in the venous blood to the various organs of depuration and excreted in the form of feces, urine, mucus, perspiration, and so forth. Every drop of venous blood and every bit of animal flesh is contaminated with these poisonous excretions of the animal body—the feces of the cells. The meat eater, therefore, has to eliminate, in addition to his own morbid waste products, those of the animal carcass.

Chemical analysis proves conclusively that uric acid and other uremic poisons contained in the animal body are almost identical with caffeine, thein and nicotine, the poisonous stimulating principles of coffee, tea and tobacco. This puts flesh foods, meat soups and

meat extracts in the same class with coffee, tea, alcohol, tobacco and other poisonous stimulants. It explains why meat stimulates the animal passions and why it creates a craving for liquor, tobacco and other stronger stimulants.

Not long ago we saw a father in high glee at the sight of his little two year old baby boy chewing busily at a piece of rare beefsteak, the blood running from the corners of his mouth. Daddy proudly related that baby already liked his coffee as well as anybody else in the family. Imagine the tender, sensitive nervous system of the little child, from the cradle up, over-irritated with these powerful stimulants! Well informed physicians tell us that a very large percentage of children acquire unnatural sexual habits before they leave the public schools. Is it any wonder?

It must also be taken into consideration that the morbid matter of the dead animal body is foreign and uncongenial to the excretory organs of man; in other words, that it is much harder for them to eliminate the waste matter of an animal carcass than that of the human body.

Moreover, the formation of ptomains, or corpse poisons, begins immediately after the death of the animal. This is a serious matter, since meat and poultry are kept in refrigerators for many months and sometimes for years before they reach the kitchen, green and livid looking, and sending forth suspicious odors which have to be doctored with chemicals and spices.

The nobler among carnivorous animals devour only freshly slaughtered prey; it remains for scavengers of the hog and hyena type, and for man, to feast on flesh long cold and stark and tainted by the odors of incipient decay.

The foregoing statements will explain why even the best of meats are detrimental to health, but the danger becomes much greater when soup, roast, ham or sausage trace their origin to tubercular or "lumpy-jaw" cattle, or to scrofulous or cholera-infected hogs. Raw meat is especially dangerous, because it is often the source of trichinae, tapeworms and other parasitic infections.

The word scrofula is derived from the Latin word "scrofa" (sow), indicating that the ancients recognized the relationship between eating pork and scrofulous diseases.

Even the artificial fattening processes to which the animals are subjected in order to increase their weight and consequent market value are fraught with deleterious effects upon the meat products of their slaughter. It is a well recognized fact that, in most instances, a superabundance of flesh on the human animal is synonymous with systemic poisons and incipient disease. Why should we expect better results from this unnatural and inhuman, though unquestionably "profitable," stuffing treatment inflicted upon cattle, hogs, chickens, and so forth, just prior to their conversion into food for man?

Still other powerful influences tend to poison the flesh of slaughtered animals. It is now well understood that emotions of worry, fear and anger actually poison blood and tissues. Fear and anger of the mother poison her milk and, through the milk, her nursing babe. The bite of an infuriated man has often proved as poisonous as that of a mad dog. All of us have experienced the poisonous and paralyzing effects of worry and fear. Animals are instinctively very sensitive to approaching danger and death. Fear is one of their predominating characteristics.

How excited they must be by emotions of worry, anger and fear, after many days of travel, closely packed in shaking cars—hungry, thirsty, tired, scared and angered to the point of madness! Many die before the journey is ended; others are driven, half dead with fear and exhaustion, to the slaughter pens, their instinctive fear of death augmented by the sight and odor of the bloody shambles.

Think of the wounded deer and rabbit chased by hounds for many miles before death ends their agonies.

Arguments of the Antis

Arguments in favor of vegetarian diet are usually met with such brilliant objections and criticisms as, "Why did God create cows and hogs if they were not intended for us to eat?" To this thoughtful query we sometimes reply by asking the still deeper question, "Why did God create you if you are not to be eaten?" Others tell of the man who eats meat, smokes tobacco, drinks coffee and brandy, and is now four score years old and in perfect health. All are sure that our arguments are mere theories and that nobody can actually prove the truth of our statements.

The fact that some people are so constituted that they can withstand the injurious effects of bad habits for many years does not imply that others can indulge with the same impunity or that the hale and hearty ones would not be more hale and hearty without the poisons. Most of these rugged persons owe their iron constitutions to favorable heredity, simple, natural surroundings and frugal fare in early life. Most of them were reared on the farm, or came from the European peasantry, who are practically vegetarians. Though these

robust ones may endure for a long time the weakening influences of "high living," their offspring have to pay the penalty in bad heredity.

Careful observation discloses the interesting fact that the descendants of these hearty pioneers, when exposed to the degenerating influences of our city life become extinct in the third, fourth or fifth generation.

The most direct and positive proof that meat eating is injurious to health and that it prevents the cure of serious chronic ailments comes to us in everyday practice.

Some years ago there came to us for treatment a woman whose head was covered on one side by a cancerous mass of large proportions. Her troubles had started two years earlier with an operation for the removal of a wen, "because it didn't look well." Neither she nor the learned surgeon, however, took into consideration that behind the wen lurked a constitutional psoric taint, in consequence of which the scar left by the operation soon became inflamed, opened and began to discharge pus. Four different times the wound was operated on, but in spite of antiseptics, cauterization, skin grafting and everything else the surgeons' skill could do, it would not "stay healed." After the fourth operation the growth became so large and malignant that the surgeons were at the end of their wits. They said the growth had developed into a true cancer and dismissed the patient as incurable.

In this state she came under our treatment and improved rapidly. After five months of natural living and treatment, when scrofula, psora, systemic toxins and drug poisons were thoroughly eliminated from her system, the growth had disappeared and the wound was covered with healthy new skin.

Some time after this, however, she returned and reported that the wound had opened once more. On catechizing her we found that—tempted by other members of the family—she had commenced to eat meat. Following our strict advice she again adhered closely to her vegetarian regimen, the wound immediately ceased to discharge, and healed once more. Several times after, she had the same experience. Whenever she partook of meat and coffee the wound would open and discharge.

Another case which came under our treatment was that of a man about thirty years of age. When we first attended him in his home he had been in bed with inflammatory rheumatism for five months. He was unable to use his limbs, and his friends had given up all hope of recovery. After four weeks of treatment under our direction at home he was able to come to our sanitarium; two months later he was practically a well man, only there was some inflammation and swelling in his right foot, which made walking very painful. For three months afterward, in spite of vigorous natural treatment, this painful lesion would not yield. Then we became convinced that something was wrong. We told him that somehow he must be violating the law; if our treatment was good enough to cure the worst of his ailments, this comparatively insignificant symptom should also yield.

“Well, doctor,” he answered, “I am living strictly according to directions, but I have been taking a little meat now and then, and I smoke one or two pipes of tobacco a day. I thought this could not harm me.”

We explained to him that his system, under the influence of natural living, had become purified to such a degree that it was sensitive now to even small

quantities of poison; that there was just enough uric acid and nicotin in the occasional piece of meat and pipe of tobacco to keep the weak part irritated and inflamed. He followed our directions more conscientiously, and from that day the inflammation began to subside. Within a few weeks it disappeared entirely.

Still another phenomenon of common occurrence confirms our opinion that meat eating is neither natural nor necessary to man. People who have eaten meat regularly from childhood adopt and follow under our advice a strictly rational vegetarian diet. After several months of meatless regimen they partake of some tempting roast or fowl and are very much surprised at the result of their experiment. They find that the tempting morsel does not taste as they anticipated. In many instances they experience unpleasant disturbances in their digestive organs, bad taste in the mouth, nausea, diarrhea, and similar protests against unnatural food.

One may cease eating bread, fruits or vegetables for many years, and when these foods are taken again there is never a sign of protest on Nature's part; on the contrary, they are relished more than ever.

Persons who have broken and conquered the whiskey or tobacco habit have similar experiences. A glass of whiskey or a cigar taken after a long interval of total abstinence nauseates them as much as when they first began to drink or smoke. They have to learn it all over again. Complaints like the following are quite familiar: "Why, doctor, this simple life is making me so weak that I cannot smoke a cigar without it turning my stomach inside out; it makes me as sick as a green school boy."

These acute revulsions are not due to a weakening

of the system, but to the fact that the nervous organism is once more sensitive and strong enough to revolt against noxious poisons and to forcibly eliminate them. But, after repeated indulgence, the sensory nerves become so weakened that they can no longer protest, and our backslider is then again "strong enough" to enjoy his steak, smoke, coffee and liquor.

What a glorious experience in other cases, (for a while) this return to stimulants becomes! The system, under the purifying and relaxing influences of natural living, has become so pure and sensitive that it fully responds to powerful stimulants. Our recreant friend feels so strong and buoyant after a cup of coffee, a smoke or a piece of steak that he "floats on air." He wonders how he could have lived so long without these "wonderful tonics." By and by the scene changes. Brain and nerves become paralyzed under the continual action of nicotin, alcohol and uric acid. Morbid matter accumulates and clogs the wheels of life. Bleary eyes, trembling hands, weak heart, rheumatic joints, fagged brain and irritable temper soon tell the result of "eating and drinking what agrees with you." The last of the backslider is worse than the first. Too often, weakened and discouraged by defeat, he lacks energy and moral courage to make another stand. Physical, mental and moral degeneration are the inevitable results.

"But," I hear somebody ask, "is it not true that meat is the most nutritious of all foods?" This ancient superstition is being rapidly discredited by the investigators of the vitamins. Everywhere scientists of the orthodox school, not at all interested in vegetarianism, are proclaiming that those portions of the animal carcass, commonly used for food, contain only

very negligible quantities of vitamins, the mysterious food elements now known to be absolutely essential to the maintenance of life and health. Science further claims that the minute and altogether insufficient amounts of these life elements present in flesh foods are destroyed and dissipated by boiling, frying and roasting.

What these vitamins are, their true source, nature and functions, is fully described in chapters IX to XVI, inclusive.

CHAPTER II

IS IT WORTH WHILE TO PAY ATTENTION TO DIET?

Forethought in food selection and combination is indispensable for the restoration and preservation of health, but fear-thought at the table will poison the most wholesome food and drink. As in everything else, it is well to avoid extremes and to stick to the common sense middle way.

Many of our modern metaphysicians seem to think that by a sort of mental alchemy they can transmute the elements in their bodies or create them out of nothingness. Divine healers say to us, "Eat and drink what you please; pray; the Lord will make it all right." The Christian Scientist says, "Dietetics is a snare and a delusion. Foods cannot harm you as long as you do not think they can."

I doubt whether the Lord has the time or the inclination to continually make good the bad results of wrong eating, over-feeding, and food poisoning. Neither is the advice of the doctor and the Christian Scientist, "Eat what agrees with you," in keeping with the dictates of common sense, or with the findings of science.

No matter what we try to produce, whether it be an apple pie, a picture, a locomotive or a phonograph, we all know that in the making of these or any other things we require certain materials in certain well defined proportions.

But how many people apply this self evident principle to the management of their bodies?

The wonderfully constructed human machine is also composed of certain materials in well defined proportions, of which, so far, seventeen have been discovered by chemical science. If any of these are present in overabundance, and others are deficient or wholly lacking, there will surely result abnormal structure and functions, in other words—disease.

The normal composition of vital fluids and tissues depends upon the food and drink that is taken into the system. Therefore, the elements of nutrition must be provided in right proportions in order to supply the needs of the body.

But is it not a fact that most people pay no attention whatever to these obvious truths? They take into their long-suffering stomachs any odd combinations of food materials without the slightest considerations as to whether they will meet the manifold requirements of the human organism.

The only question in the selection of food seems to be, "Does it taste good?" Then people wonder why they are afflicted with dyspepsia, chronic constipation, appendicitis, cancer, and the multitude of other ailments resulting from malnutrition and autointoxication.

The majority of medical practitioners do not seem to know any more about the principles of natural dietetics than the laity. Their advice on diet runs about as follows: "Do not pay any attention to food faddists—there is no exact science of dietetics—what is one man's food is another man's poison—eat what agrees with you—take plenty of good, nourishing food—the only safe guide in food selection is appetite and instinct," and so on.

Such is the wisdom dispensed by certain popular writers on hygiene and dietetics, who, blessed with

more conceit than scientific knowledge, ridicule the idea and deny the possibility of an exact science of dietetics.

“Eat what agrees with you.” If this be good and true advice, then caffein must be good for the coffee toper, nicotin for the smoker, alcohol for the drunkard, and morphin, cocain and opium, for the dope fiend. For these poisons seem to “agree” exceedingly well with the people habitually addicted to their use. If suddenly deprived of their favorite stimulants or narcotics, they suffer great distress, become very ill, and may even die as the result of such deprivation.

These are the people who say, “I never eat fruits and vegetables. They taste flat; they do not agree with me; they actually sicken me.”

This would seem to indicate that for the majority of human beings, taste, appetite and cravings are not safe guides. The following explains why this is so:

The animal, living in freedom, is guided in the selection of its food as well as in all other of its life habits **by instinct**, that is, by the wisdom of Mother Nature. Therefore, the animal acts in accordance with the laws of its being and, as a result of this, possesses perfect health, strength and beauty, preserves its faculties, capacities and powers almost to the very end of its life, and then dies an easy, painless, natural death.

Guided by Nature, the animal selects and partakes of only those foods which are best suited to its particular constitution. The lion does not eat grass, nor does the cow devour the bleeding carcass of a lamb. Each animal adheres to a limited combination of foods best adapted to its individual needs.

The only exceptions to this are a few omnivorous scavengers, such as the hyena, vulture, hog and

chicken; for them nothing seems too vile to swallow. The nobler carnivorous animals, as the lion, tiger, leopard, and so forth, live only on freshly killed meat. They would not touch the carcass of a dead and decaying animal. The gourmand prefers his game when it is tainted with putrefaction.

In the course of evolutionary development, man has lost the animal instinct and therewith the faculty for natural food selection. Reason, which took the place of instinct, was, in the past, not enlightened enough to be a trustworthy guide in regulating his life habits.

Instead of living in harmony with Nature's laws, man catered to his perverted appetites.

In order to produce artificial stimulation, he learned to use spices and condiments, to convert wholesome grains and delicious grapes into alcohol. He became addicted to the use of the poisonous xanthins and alkaloïds of coffee, tea, tobacco and narcotic drugs.

Such artificial stimulation of the taste buds in the tongue and of the sensory nerves inevitably results in gradual atrophy and loss of their natural sensitiveness, and this calls for still stronger stimulants to "tickle" the paralyzed nerves and the no longer sensitive palate.

It is for these reasons that people addicted to the use of spices, condiments, stimulants and narcotics have lost the capacity for sensing and enjoying the most delicate aromas and flavors of fruits and vegetables.

This brings us to the question:

What is Natural Food?

We have endeavored to define this term as follows: Natural food for animals and man is that food which

appeals to the senses of sight, taste and smell in the natural condition, as it comes from Nature's hands. Any food which needs disguising by cooking, spicing, and pickling is not "natural."

For instance, fruits, berries, nuts, vegetables and grains can be eaten with relish in the uncooked state by healthy, normal individuals. This is true even of raw potatoes, carrots, beets and other roots which are enjoyed and perfectly digested by healthy children.

On the other hand, raw meat, uncooked and unspiced, is revolting to the sensory organs. Before it can be relished, the taste and smell of the corpse must be disguised by boiling, roasting and much seasoning.

People who have been heavy meat eaters all their lives, after living on a vegetarian diet for a few months frequently acquire a strong dislike for the odor of raw meat and even for the taste and odor of cooked meat. This is not true in the case of grains, roots, fruits and vegetables. The longer a person is forced to abstain from these, the more they are needed and relished.

In making the foregoing statements, it is not our intention to force our readers to strict vegetarianism. But as we proceed in our discussions we shall endeavor to point out the advantages and disadvantages of different foods and food combinations. The reader can then form his own conclusions and put the theories here presented to the test of practical experience.

Someone might say, "The study of food chemistry and scientific dietetics is too difficult for the ordinary individual. We have to leave these things to the doctors."

This is a mistake. Natural Therapeutics has reduced the teachings concerning the art and science of Natural

Dietetics to such simplicity that they can be comprehended and applied by anyone endowed with ordinary intelligence. The quest after a normal, natural diet is not as silly and impossible as some people would make you believe.

Starving America

Starving America is the title of a very instructive book on food chemistry and food poisoning, by Alfred W. McCann.

This publication shows how rapidly the teachings of Nature Cure are spreading in this country. All the author's important arguments and statements dealing with food chemistry were fully treated in our articles on "Natural Dietetics" in the *Nature Cure Magazines*, Volumes 1907-1909, the most important of which are incorporated in the subject matter of this volume.

Starving America! It sounds rather strange. Is it possible that this glorious country of ours, blessed more abundantly by Mother Nature than any other, the richest on God's footstool, can be starving amidst a plethora of all that human beings need to live and thrive on in comfort and luxury (provided its products were justly distributed)?

Yes, it is not only possible, but an actual fact that America is starving amidst plenty; not only its inhabitants are starving, but in many localities the soil as well. What is strangest of all, those who have the greatest abundance in lands and money are starving just as surely as are the underpaid and overworked wage earners. In many ways the wealthy are worse off than the poor, because they are not only starved, but also poisoned by overabundance of food and of leisure.

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You ask, "What is the meaning of all this nonsense?" It is this: The people of America have been overfed with starches, sugars, fats and nitrogenous foods (meat, eggs and glutens), but starved from lack of the all important mineral elements—the organic salts and vitamins—on which depend absolutely the normal structure and functions of the body, or physical and mental health.

The public in general, as well as the medical schools, have been ignorant on the subject of **true** food values and of **true** food chemistry. Doctors and laymen have labored under the mistaken idea that the only foods worth considering because of their nutritious value, are the starches, sugars, fats and proteins. The most recent works on dietetics, used in our best medical schools, take into consideration these foods only. They have nothing to say on the importance of the mineral elements in the economy of the human body and science is just awakening to the existence and importance of the vitamins or life elements.

As yet it has not become generally known that certain alkaline mineral elements, though present only in minute quantities in foods and in animal and human bodies, are essential to life and health. If these tissue salts are lacking in the food, and if, as a result of this, they are deficient in the body, disease is bound to arise; and in this event, overfeeding on the nourishing starches, sugars, fats and proteins will serve only to make matters worse.

These statements are, of course, contrary to popular notions and to the pseudoscientific teachings of the schools. They say, "If a person be weak, sickly and emaciated, stuff him with plenty of rich, nourishing food." This is held to be good and common sense

practice; but what is the usual result? The "stuffed" anemic grows still weaker and thinner, and the "stuffing" of the consumptive serves only to make his condition more hopeless. The very abundance of meat and eggs, which is supposed to build up these patients, poisons their systems beyond the possibility of recovery. poisons their systems beyond the possibility of recovery.

To be sure, starches, sugars, fats and proteins meet certain demands and fill very important functions in the economy of the body, but, on the other hand, they produce in the processes of digestion large amounts of poisonous acids, alkaloids, gases and ptomains.

To these morbid by-products of digestion are added the excretions or feces of the cells. Furthermore, the cells and tissues of the body are constantly changing, building up and breaking down, just like the body as a whole. The broken down tissue materials also create large quantities of morbid matter and poisons. Practically all diseases arising in the human organism are caused originally by the accumulation of these effete waste and end-products of digestion and of the tissue changes.

Therefore, in order to insure normal structure and functions, in other words, good health, these waste products must be neutralized and eliminated from the system as promptly and as completely as possible. This neutralization and elimination depends upon an abundant supply in blood and tissues of the alkaline mineral elements, also called nutritious salts or tissue salts, the most important of which are iron, sodium, lime, lithia, magnesium, manganese, potassium and silicon.

These mineral elements are found in all the important secretions of the body. Upon them depends the richness of the blood and the solidity of the fleshy

and bony structures. They are the building stones of the physical organism.

The science of biochemistry deals with the functions of these mineral salts in the life activities of the ascending kingdoms of nature: the mineral, the vegetable, the animal and the human. Upon this science is based rational soil feeding as well as the biochemic treatment of diseases by means of tissue salts, vito-chemical, homeopathic and herb remedies. Natural diet or rational vegetarianism is based, also, upon this strictly scientific foundation. The medicinal values of the natural foods and remedies depend upon their richness in the positive mineral elements and vitamins.

The foregoing explains why our American people are starving in the midst of plenty. Their "highly nutritious" and "luxurious" meat-potato-white-bread-coffee-and-pie diet contains an overabundance of the poison-producing, negative food elements of the first four groups (see pages 403 and 404), but it is altogether deficient in the positive, alkaline, mineral elements of the fifth group, which are the carriers of the vitamins.

CHAPTER III

FOR WHAT DO WE EAT AND DRINK?

The majority of people would reply, "Why everybody knows that from food and drink we derive our strength."

Are you so sure of this? Do you really believe that the large amount of animal heat and vital energy which the human body manufactures, radiates and expends every twenty-four hours is derived from the few pounds of food consumed in the course of a day?

Any hard working laborer or athlete spends an enormous amount of power and energy every day. A healthy individual may continue to do this for several weeks without taking any food whatever.

The best proof that not all the heat and muscular energy of the body are derived from the combustion of food materials is furnished by the long fast. Of late years, since fasting has become popular as a natural remedy, many thousands of people have fasted from four to ten weeks at a stretch. The majority of these Marathon fasters report but slight loss in physical energy. Many claim that they are stronger at the end of the fast than at the beginning. The loss in animal heat is negligible. While in some instances the temperature declines a fraction of a degree, or a degree, in the majority of cases it remains normal. We have verified this in hundreds of cases under close observation in our institutions.

To cite a case from personal observation: One of our patients suffering from typhoid malaria did not take any food except water for seven weeks. At the end of that time his body temperature was normal. During the last two weeks of the fast he lost only two pounds.

Another patient afflicted with cancer of the stomach lived for two years on a few ounces of food daily, mostly white of egg and fruit juices. His temperature was normal almost to the last.

Whether sweltering under the tropical sun of the equator or freezing with arctic cold, the temperature of the body is exactly the same. If it drops or rises a few degrees below or above normal, death ensues.

This regulation of the bodily heat, regardless of the surrounding temperature, and, within certain limits, regardless of the quantity and quality of food consumed, is one of the greatest mysteries of the wonderful human organism.

If foods were the only source of animal heat and working energy, fasting for a long period would be impossible; the temperature would sink below normal soon after commencement of the fast.

It may be said that while abstaining from food the body lives on itself—that it consumes its own tissues; this, however, does not account for the production of **all** the heat and energy expended during a long fast. In a number of cases under our observation, the average loss of weight during a forty-nine day fast did not amount to more than thirty-two pounds—approximately two-thirds of a pound a day. This is not sufficient fuel material to provide for the enormous radiation of heat and the expenditure of muscular energy of the human body during twenty-four hours.

Is Food the True and Only Source of Vital Energy?

In order to understand this all important problem more fully let us study for a moment what combustion is. The processes of burning, combustion, fermentation, digestion, rusting, decaying and putrefaction, are similar in nature. They are all processes of oxidation. They differ only in rapidity of action. They all represent the breaking down of complex materials into simpler forms, through the combination of the oxygen in the air with the carbon in the oxidizing materials. This disintegration is accompanied by the chemical combination of the oxygen of the air with the carbon, the iron, or some other element of the burning, fermenting, putrefying, or rusting substance. During these processes of disintegration, the carbon recombines with the oxygen of the air (combustion) and the latent life energy and sun heat are liberated, furnishing heat, light and other forms of energy.

The Sources of Animal Heat

A man may eat in the right proportions all the seventeen chemical elements found in his body. He may also take a sufficient amount of air and water. Yet, if taken in the pure mineral form, he will die almost immediately because some of these elements, instead of nourishing him, will act on him as powerful poisons. Experiments carried on by many food scientists have demonstrated that even proximate food elements, such as starch, fat and proteid, when chemically pure, will not sustain animal or human life. Animals fed on chemically pure starch or white sugar die sooner than those which receive no food at all.

This clearly indicates that the various chemical elements found in food and drink, do not in and by themselves create animal heat and sustain animal and human life, but that life, heat and energy depend on something more than these.

What is this mysterious something which builds up and sustains vegetable, animal and human bodies? The majority of scientists assume that the sun supplies all heat and energy on our planet; that sun light and sun heat are the only sources of vegetable and animal energy.

The fallacy of their reasoning is due to the fact that the forces and energies latent in and proceeding from the sun are not by any means the highest expressions of life or vital force on this planet. That which we call "life," which animates the entire created universe, is the primary source of all forces and all energies. Sun energy is merely a manifestation of this primary force of all forces, which manifests with increasing potency in the ascending kingdoms of nature.

This primary life force or vital force manifests in the mineral kingdom as the electro-magnetic life element, in the vegetable kingdom as the vito-chemical life element, in the animal kingdom as the spiritual life element, and in the human kingdom as the soul life element. These life elements, in conjunction with the light and heat (radio active forces) of the sun, elaborate the elements of the earth and air into the ascending forms of the four kingdoms of Nature.

In other words, life or vital force is the builder, while sun energy is only one of the building materials; life force is primary, sun energy secondary. The more powerful the vital energy which builds, the more potent are the latent dynamics or potential force of the prod-

ucts. Coal, though classed among the minerals, possesses infinitely greater heat and energy producing qualities than other minerals, because originally its molecules were elaborated under the influence of the vito-chemical or vegetable life element. The animal cell, being built up under the operation of the spiritual or animal life element, is alive with still higher potencies of vital force than those latent in the vegetable cell.

The energy which builds up molecules becomes bound or latent in that which it builds. This is illustrated in the formation of ice and coal.

The low temperature which solidifies the molecules of water is absorbed and becomes bound or latent in the icy crystals which it builds. When the particles of ice disintegrate under the influence of warmer temperature, "cold" is liberated in our refrigerator.

In similar manner, the heat which gives warmth and comfort to our homes in the winter time is vital force (vito-chemical), plus the sun light and sun heat which were absorbed in the formation of vegetable cells in the growing plants and trees of primeval forests.

Vital force corresponds to fire; food corresponds to fuel. If the life force has departed from an animal or human body, no amount of food can create animal heat. As the fuel in the furnace has to be consumed by fire before it can liberate heat, so the food in the body has to be consumed by the life force before its latent heat and energy can be liberated.

When in the processes of digestion and assimilation the latent energies stored in the food have been liberated and absorbed by the body, nothing remains of the erstwhile food but poisonous excrements which, if not properly eliminated, become destructive to the organism—the organic has become inorganic. When the life

principle is taken away from food materials nothing remains but waste and poison.

Vegetable and animal food are therefore foods only by virtue of the vital and solar energy locked up in their molecules. As soon as the vegetable or animal molecules disintegrate by any process whatsoever, their vital energy is dissipated and lost. This explains why cooking wastes food energy; why fermentation changes wholesome foods into poisonous alcohol; why "predigested foods" are weakened foods. The meddling arts of the cook, chemist and distiller, therefore, seldom improve Nature's foods, and the chemist's dream, that all foods will some day be made in his laboratory and handed out in tablet form, will always remain a dream.

Among modern writers who boldly defend the mechanical theory of vital force, no one has done more ingenious work than Dr. Thomas Powell in his interesting book, *Fundamentals and Requirements of Health and Disease*.

We shall quote and discuss his theory in order to contrast the mechanical and vital conceptions of vital force and also to give his ingenious theory of the production of muscular energy.

Among other startling claims, he asserts that he has discovered the nature and the *modus operandi* of vital, or, as he calls it, "vito-motive" force.

The substance of his theory is this: The red, arterial blood stores carbonaceous compounds in the interior of the hollow muscle fibrils. When the ego wills to move a muscle, the mind (will) sends a nerve spark to the muscle fibrils. This ignites, or explodes, the C O H molecules stored in the fibril. The combustion of the carbon compounds produces carbonic acid. The car-

bonic acid expands the muscle fibril into a round, balloon-like shape. This shortens or contracts the fibrils lengthwise. The contraction of the muscle fibrils also contracts the muscle fascia, and the muscle in its entirety. Therefore, he claims that carbonic acid is the mysterious vito-motive power which so long has eluded the search of scientists.

In order to present his theory correctly, we shall quote a few paragraphs from his book.

Page 189.

“The facts which are involved in the transformation of the potential energy of the food into the kinetic form, as we find it in the vito-motive power, cannot be too deeply impressed upon the mind; hence it will be well to repeat: 1. The nutrient matter stored in the cells in the consummation of the nutritive process, consisting as it does of a most intimate comminglement of food and oxygen—of a combustible with a supporter of combustion—is in a state of extremely unstable equilibrium, and is, therefore, nothing more nor less than a delicately balanced explosive of high potential; 2. The carbon and oxygen thus intimately associated is brought into chemical combination by act of the will expressed by means of the nerves and nervous influence; 3. Whenever the will so orders, an explosion must occur in every cell which is included in or reached by the volitional edict; 4. The carbon dioxid thus generated within the cells forces them to expand and in a direction which is transverse to the longer axis of the fibril, this being the line of least resistance, as above explained; 5. The expanding cells impinge upon the inner surface of the fascia, forcing it to yield in like manner and for the same reason, thus producing that transverse expansion and longitudinal shortening of a muscle on which the physical activities of the body chiefly and evidently depend, as above stated. In short, the will acts, the nutrient matter explodes, the cells expand, the fascia yields, the muscle contracts, and the vital machinery is set in motion; not, however, in consequence of ‘metabolism’ of the ‘white blood corpuscle’, but of the red; not by reason of the ‘metamorphosis’ of the tissues of the body, but of food; not by the energy of ‘resurrected

sunbeams' nor of any other immaterial agency, but of expanding carbon dioxide gas; not in consequence of the presence of nitrogen in the food nor of any other incombustible element, but of carbon, and this not from the inorganic world, but the organic; not by a product of any laboratory of human origin, but of the plant world—that immeasurably greater concern which was instituted by the All Wise Being, and for the express purpose of effecting the separation of those elements—carbon and oxygen—from whose reunion within the nutritive cells of the living organism must come all the energies, physical, nervous and thermal, of the entire domain of animated nature.”

Page 222.

“It shows that the doctrine of *vis vitæ*, held by Liebig and his contemporaries, and recently revised to some extent, is utterly erroneous; that while it is true that there is an ego or inherent vital principle, it is also true that the movements of the living organism are due to the intra-cellular production and action of the *vito-motive power*—that energy displaying agent which is known to science as carbon dioxid, and to the world at large as carbonic acid gas. . . .”

We do not understand why Dr. Powell does not give hydrogen as well as the carbonic acid credit for the work performed in the muscle fibrils. In the combustion of carbonaceous compounds, such as glycogen, dextrose, glucose and hemoglobin, a great deal of hydrogen is liberated, as well as carbonic acid, and the former gas is more powerful to expand balloons than carbonic acid.

If Dr. Powell's ingenious theory of muscle inflation and contraction by carbonic acid is true he has discovered the *modus operandi* of carbon combustion in so far as it is concerned in the production of muscular energy. But he has failed to discover the great life force which elaborates the carbon compounds in the vegetable and animal kingdom and which ignites and explodes them in the cells and muscle fibrils of animal and human bodies.

If no immaterial agency is concerned in the production of muscular labor and of animal heat, how does he explain that these manifestations of kinetic energy suddenly cease when the life element departs, when death takes place? When the body is dead, muscle labor and heat production cease, though the corpse be heated far beyond the normal temperature of the living body, and though the material elements for the production of heat and energy are present as before. The question which the doctor has failed to answer is: What is it that makes possible the combustion of the carbon compounds and the production of carbonic acid gas?

Elated over the discovery of the very last stage of muscle labor, he ignores the Intelligence and Power which created the fuel material as well as the wonderful organism which consumes it—the *Life* or *Vital Force* which animates the atom as well as solar systems and their sentient inhabitants.

It is not true that carbonic acid is the great vito-motive force. This gas may be the motive force in the rendering of muscle labor, but the nerve spark which produces it through igniting the carbon compounds, and the mind and will which release the nerve spark or impulse are much nearer and more potent expressions of the great *Life Force* than is carbonic acid gas. After all, our conception of the nature of vito-motive force as summed up in the following sentence is more rational:

All forms of energy which manifest in the mineral, vegetable, animal and human entities are **secondary** energies, derived from the **primary** source of all forces, powers and energies in the sidereal universe, from that which we call God, Life, Oversoul, Universal Intelli-

gence, Great Spirit, Buddha, Prana and so forth, each one according to his own highest conception and best understanding.

This is the *vis vitae*, the *animus mundi*, ignored and denied by the speculative sophistries of materialistic science, but recognized and described by Swedenborg as the **Heat** of Divine Love and the **Light** of Divine Wisdom, radiating from the Great Central Sun of the Universe through all space and animating all things.

The True Source of Vital Energy

The question will be asked, "If we do not derive our vital energy from food and drink, why is it that we die when we cease eating and drinking?" The answer to this has already been given. There is another source of animal heat and energy besides food. The only rational explanation is that vegetable, animal and human bodies are contrivances for the transmutation of life force into the various working energies or life elements which manifest in the ascending kingdoms of nature. To illustrate: A windmill is a contrivance for transforming the potential energy of the moving winds into kinetic or working energy which drives the machinery of the mill.

The resistance offered by the sails of a ship transmutes the potential energy of the air currents into kinetic energy which propels the vessel.

The earth is a contrivance for converting the radio active emanations of the sun into warmth and light which make possible the existence of life on our planet. The sun sends forth these radio active emanations into open space in all directions, but unless intercepted and obstructed by a solid planetary body they do not

transform the darkness and coldness of interplanetary space into heat and light.

In similar manner, mineral, vegetable, animal and human bodies are contrivances for the transmutation of omnipresent life force into the various working energies or life elements which animate all things in the ascending kingdoms of nature.

If they do not give life, what, then, are the functions of food and drink in the economy of the body? All that they can do is to furnish the materials to keep the system in such a condition that vital force can manifest in and through it. The inflow of the life force into the cells and organs of the body and its free distribution by way of the nervous system, depends upon a normal or healthy condition of the organism.

Anything and everything in natural methods of living and of treatment that will help build up the blood on a normal basis, that will purify the system of waste and morbid matter, that will correct mechanical lesions and harmonize mental and emotional conditions, will insure a greater supply of life force and its derivatives, strength, vitality, resistance and recuperative power. In other words, the more normal, healthy and perfect the organism, the more copious will be the inflow of vital energy.

Never before in any writings dealing with dietetics or food chemistry has there been revealed the true relationship between the life force and food, medicines, tonics and stimulants.*

* This article was prepared for the *Nature Cure Magazine* and the *Nature Cure Cook Book*, before the "discovery" of the vitamins.

CHAPTER IV

THE NORMAL FUNCTIONS OF FOOD AND DRINK IN THE ECONOMY OF THE BODY

Foods build and foods destroy. First we shall study the normal beneficial effects of foods, then the harmful and destructive.

Food and drink perform the following functions in the vital processes of the body:

(1) They furnish the amount of water necessary to hold in solution the constituent elements of the body and to make possible the circulation of the vital fluids and the elimination of waste and morbid matter.

(2) They supply bulk, in the form of cellulose and woody fiber, which offers solid resistance to the intestines, thereby stimulating the peristaltic movements of the bowels and acting as scourers, purifiers and laxatives.

(3) They provide fuel materials.

(4) They provide materials for the building and repair of the tissues of the body in the form of proteids and amino-acids.

(5) They supply the positive mineral salts, which are important as building materials, as neutralizers and eliminators of poisonous acids, alkaloids and ptomaines, and as producers and conductors of the electromagnetic energies in the system.

(6) They supply vitamins or life elements.

We shall now consider separately these various functions of food materials in the economy of the body in connection with our classification of foods.

GROUP I Starches (COH) GROUP II Dextrins and Sugars (COH)

The foods belonging to these two groups are called carbohydrates, because their essential elements are carbon and hydrogen. When chemically pure they are composed of carbon, hydrogen and oxygen. The oxygen and hydrogen occur in proportions which form water (H_2O). These foods are to the human body what the fuel is to the furnace: they are producers of heat and energy. Through the processes of digestion the starches are changed into dextrins and glucose, cane sugar into levulose, and milk sugar into galactose, which are absorbed in the digestive tract. Starches can enter the circulation of the blood, through the cell linings of the intestines, only in the form of levulose and galactose.

Unless the starches are transformed into these highly refined sugars they remain not only useless for purposes of nutrition, but their partially fermented debris gives rise to mucoid clogging and obstruction of the intestinal membranes, and to putrefactive fermentation, gas formation, and systemic poisoning.

These highly refined sugars are burned up in the muscular tissues, and produce heat and muscular energy in a manner not understood by orthodox science. Dr. Thomas Powell's interesting explanation of the *modus operandi* of glucose in the production of muscular energy has been given on pages 371 and 372.

Glycogen, or Animal Starch

If more sugars are consumed and absorbed than the system can immediately use for the production of heat and muscular energy, the surplus is changed in the liver into glycogen. This "animal starch,"

as it has been called, is stored in the liver until needed for the production of heat and muscular energy, and then released in the form of glucose. Therefore, it appears that the liver is a storehouse for the fuel materials of the body.

The expenditure of glucose by the liver is regulated by certain secretions from the pancreas. The pancreas thus acts as a regulator, or brake, on the sugar production of the liver. If the sugar inhibiting influence of the pancreas is interfered with by disease of this organ, diabetes follows. This has been proved conclusively by experiments on animals. If the pancreas is removed, the blood stream becomes immediately saturated with sugar, and death takes place within a few days from myxedema.

Practically all writers on food chemistry, including vegetarians, claim that sun heat and energy, latent in carbonaceous foods, is the only source of heat and energy in animal and human bodies.

This, however, as we have pointed out in another chapter, is a great mistake which has led to many false conclusions and harmful practices,—especially to over-eating and the taking of poisonous stimulants and tonics, under the mistaken idea that vital energy can be increased in that way. The fallacy of this conception of the source of animal heat and energy we have explained under the caption, “For What Do We Eat and Drink?”

GROUP III (F) Fats and Oils (COH)

To this group of food materials belong all oils and fats. They are called hydrocarbons, because they, also, are chemically composed of carbon, hydrogen and

oxygen,—but the hydrogen and oxygen are not in proportions which form water (H_2O). The melting of sugar liberates water, the melting of fats does not—it produces oils only.

In the vital processes of the body, fats and oils also serve as producers of heat and energy. Aside from this, they act as lubricants for the digestive tract. Another “new discovery” of Dr. Powell is that fats are not proper food; that fats, as such, have no food value for the human body. This theory, however, seems fallacious, because nature, in milk, and eggs, provides fats for the new-born animal and human and for the unhatched chick, in considerable quantities. We would rather trust the wisdom of Nature in such matters than the far-fetched theories and “new discoveries” of writers on food chemistry.

Since writing the foregoing paragraph for the first edition of this book, it has been found that the fats of milk and eggs are exceedingly rich in fat soluble A vitamine.

GROUP IV (P) Proteids or Nitrogenous Foods (COHNPS)

The principal representatives of this group are the lactalbumin of milk, albumen (white of egg), myosin (the flesh of animals), gluten (the dark outer part of cereals), the globulin of the blood and many other forms of protein food materials found in plants, and animal bodies.

The simplest forms of protein matter are made up of carbon, oxygen, hydrogen and nitrogen. The more complex forms, in addition to these four basic elements, contain phosphorus and sulphur. From the chemical composition of proteins it will be seen that, like the

food materials of the first, second and third groups, they contain the COH molecule and can, therefore, take the place of starches, dextrins and sugars, as producers of heat and energy.

But in addition to these functions, proteids serve other very important purposes in the metabolism (vital economy) of the body. Vegetable, animal and human cells are composed of protoplasm, which means protein matter. The building and repair of these cells, therefore, depends upon a sufficient supply of protein food materials.

It is for this reason that starches, sugars and fats cannot entirely take the place of nitrogenous foods.

Amino-Acids

Protein food elements are highly complex substances, and vary greatly in their qualities of nutrition. It was found that some promote growth and flesh formation in growing animals and humans; others do not. When this was discovered further research revealed that protein food elements are made up of many chemical units, called amino-acids, in much the same way that words are made up of letters. Just as the twenty-six letters of the alphabet can be used to construct many different words, so the seventeen or more amino-acids obtained by the chemical subdivision of proteins make up various forms of protein food elements, such as the gluten of cereals, casein of milk, albumen of the egg, hemoglobin of the red blood corpuscle, and so forth.

Some of the most important of these amino-acids for growth and the maintenance of health and weight are the tyrosin and tryptophane in milk and eggs and the

lysin, edestin, globulin and glutenin in fruits and vegetables.

When myosin, the protein constituent of meat, is acted upon by the digestive juices of the stomach and intestines, it is broken up into its component amino-acids. This digestion, or decomposition, is necessary before absorption and assimilation can take place.

Protein directly introduced into the blood acts like a poison; but after the enzymes, or digestive ferments in the stomach and intestines, have reduced the complex protein material into amino-acids, then these chemical units or building stones are rebuilt into protein substances needed for cell repair and cell growth. This rebuilding of amino-acids into protein materials takes place in the cell linings of the intestinal tract and in the internal cells, tissues and organs of the body.

The question may be asked, "Why is it necessary that proteids should be broken down into their units if they are rebuilt at once into new protein substances?" This is necessary in order to enable the cells and cell colonies in the tissues and organs of the body to select and combine such protein substances as they need for building and repair materials.

The same letters will make many different words, and many different buildings can be made of the same kind of bricks, all according to the way in which they are combined. Proteins vary greatly as to the number and qualities of the amino-acids which they contain, thus supplying the various needs of animal and human bodies.

The question may be asked, "Would it not simplify matters if nature furnished the eighteen or more amino-acids necessary for cell life and growth in simple units

instead of highly complex combinations?" Nature may do this for the same reason that many different foods are sold in one store. Each cell selects that which it needs, and rejects the rest. These discoveries, verified by many experiments, reveal the fact that quality of protein is just as important and in many respects more important than quantity.

During the period of general food shortage following the Napoleonic War, French scientists extracted gelatin from the bones of animal carcasses, believing that this cheap protein product would take the place of the more expensive meat and cereal protein foods. It was found, however, that the gelatin thus produced not only failed to maintain health but, that if entirely depended upon to take the place of ordinary protein food, it soon brought about weakness, sickness, and death. This may be accounted for, however, by the fact that in process of manufacture the protein of the bones was robbed of its mineral elements and vitamins, in a similar way to what takes place in the manufacture of white sugar, polished rice and white flour.

Of late years further experiments with gelatin and other non-vitamine food substances revealed just what forms of amino-acids are essential to sustain animals in normal condition, and to promote growth and flesh production. While gelatin, plus carbohydrates (sugar), plus mineral salts (extracted from milk), were found to be insufficient to sustain animals in health and flesh, an addition to this diet of two amino-acids, tyrosin and tryptophane, met all requirements, and kept the animals in good condition.

In similar manner it was found that the amino-acids lysin and edestin, are necessary, in addition to tyrosin and tryptophane, in order to **promote the growth and**

normal development of flesh in new-born and growing animals and babies.

We now come to the most important conclusions derived from these researches. The following forms of protein are **essential to promote growth in rats**: Casein and lactalbumin in milk, ovalbumin and ovovitellin in eggs, excelsin of nuts, edestin and globulin of vegetables and of cotton seed, glutelin of wheat and maize, and glycinin of soy-bean.

Proteins which may contribute to maintenance of normal conditions but which fail to induce growth are: the leguminin and legumin of beans and peas, gleadin of wheat or rye, hordein of barley, zein of maize, and phaselin of white kidney-beans.

The protein of lean meat is not mentioned by scientific experimenters as conducive to growth. However, it probably contains small amounts of the animal proteins similar to those contained in milk and in eggs.

Very interesting in this respect is the fact that the muscular parts of the animal carcass usually used for food do not contain sufficient amino-acids and vitamins to sustain health and life. This is fully demonstrated and explained in the chapters dealing with the "Nature and Source of Vitamines."

In this connection it is very significant that the same foods which carry the growth-promoting amino-acids also contain the vitamins essential to growth and normal development. This seems to indicate that **the growth-promoting amino-acids enumerated in a previous paragraph carry the growth-promoting vitamins.**

From the foregoing it becomes apparent that it is good policy not to depend in our vegetarian or natural diet on one or a few forms of protein; that it is best to use a variety of those proteins which are most

favorable to the promotion of growth, production of flesh and maintenance of health and strength.

These revelations of scientific research again verify and confirm many of the teachings of Natural Therapeutics. We have always advocated and urged the liberal use of the dairy products, eggs and honey, on account of the "animal magnetism" or "animal life elements" which they contain. On the other hand, we have always warned against the excessive use of legumes, "because they contain too much protein and not enough of the mineral salts and life elements."

We have no doubt that the proteins of legumes and cereals classified as non-growth-producing are identical with those constituents that are robbed of mineral matter and vitamins in the modern milling and refining processes.

These revelations also justify our opposition to a strict, raw food diet, mono-diet, or any other extreme dietetic regimen. We always maintained that a moderate variety in food selection and combination was advisable in order to give the cells and tissues a better chance for appropriate food selection.

GROUP V (M) Positive Mineral Elements

To this group belong all food materials which run low in the acid forming carbohydrates, hydrocarbons and proteids of the first four groups, but high in the positive alkaline mineral elements, the most important of which are iron, sodium, lime, potassium, magnesium and manganese.

The old school of medicine considers fruits and vegetables of no importance because they do not contain enough of the "highly nutritious" starches, fats and

proteins. We now understand why, just because of this and by virtue of their high percentages of acid binding, positive mineral elements, the fruits and vegetables are of the greatest importance in the economy of the body. Besides being the neutralizers and eliminators of morbid materials, the positive mineral elements are the principal components of the blood and of the most important secretions of the body. They constitute the "richness" of the blood and give textile strength and stamina to the tissues of the body. One-half of the substance of the bony structures consists of lime. Potassium is to the muscular tissues what lime is to the bones.

These mineral elements are the building stones in the tissues of the body, while the protein elements are the mortar. A wall built of mortar alone cannot stand; it will soon crumble to pieces. The stones imbedded in the mortar are necessary to give it the textile strength. So the strength, resistance and stamina of the tissues of the body depend upon the mineral and earthy elements.

Deficiency of these causes anemia, rachitis, scurvy, hemophilia, beriberi, pellagra, decay of teeth and pyorrhea.

Polarity

Furthermore, the generation of positive electricity and magnetism in the body depends upon an abundance of the positive mineral elements in the circulation. Health is positive; disease, negative. When the negative elements are in preponderance, weakness and disease, both physical and mental, are bound to result.

From the foregoing it becomes apparent why in our

natural diet we endeavor to reduce the negative food materials of the first four groups and to increase the positive alkaline mineral elements of the fifth group.

Bulk

There is still another reason why fruits and vegetables, together with the hulls of grains, are of great importance in the processes of digestion and elimination. These food materials contain large amounts of cellulose and woody fiber, which are looked upon ordinarily as useless waste, but in reality render valuable services. They stimulate in a natural manner the peristaltic movements of the bowels and act as scourers and purifiers and, therefore, as natural laxatives.

Vitamines or Life Elements

These essential food elements, their true source, characteristics and functions in the vital economy are fully described in chapters IX to XVI, inclusive.

CHAPTER V

THE DESTRUCTIVE EFFECTS OF FOOD AND DRINK

If foods had no other effects than those so far described in this chapter there would be no problem of dietetics. We could do like the majority of people—eat and drink what tastes good—and not bother our heads about scientific food combinations.

Any ordinary food mixture would satisfy the needs of the body. But we find that, aside from their beneficial effects upon the organism, these foods, in the processes of digestion, liberate certain waste and morbid materials, which, if allowed to accumulate in considerable quantities in the tissues of the body, endanger health and life.

These morbid by-products and end-products of starchy, fatty and protein digestion consist largely of poisonous acids, alkaloids and ptomains. This is explained by the fact that all the six elements (COHNPS) which make up the food materials in the first four groups are electro-magnetically negative, acid forming elements. In the processes of digestion and oxidation, the foods are torn apart and divided into their component and proximate elements that enter into new combinations, many of which, when they accumulate in the human body, become obstructive and destructive. To elucidate this more fully, we shall quote a few paragraphs from *Philosophy of Natural Therapeutics*.

“Nearly every disease originating in the human body

is due to or accompanied by the excessive formation of different kinds of acids or other pathogenic substances in the system. These are formed during the processes of protein and starch digestion and in the waste products of cells and tissues.

“Of these various waste products uric acid probably causes the most trouble in the organism. The majority of diseases arising within the human body are due to its erratic behavior. Together with oxalic acid and oxylates it is responsible for arteriosclerosis, rheumatism and the formation of calculi. Their presence in excessive quantity aggravates all other forms of disease.

“Dr. Haig, of London, has done excellent work in the investigation of uric acid poisoning, but he becomes one-sided when he makes it a scapegoat for all disease conditions originating in the organism. In his philosophy of disease he fails to take into consideration the effects of other acids and systemic poisons. For instance, he does not mention the fact that carbonic acid is produced in the system somewhat similarly to the formation of coal gas in a furnace; and that its accumulation prevents the entrance of oxygen into the cells and tissues, thus causing asphyxiation or oxygen starvation, which manifests in the symptoms of anemia and tuberculosis.

“Neither does Dr. Haig explain the effects of other destructive by-products formed during the digestion of starches and proteins. Sulphurous acid and sulphuric acid (vitriol) as well as phosphorus and phosphoric acids **actually burn up the tissues of the body.** They destroy the cellulose membranes which form the protecting skins or envelopes of the cells, dissolve the protoplasm and allow the latter to escape into the cir-

culatation. This, together with pathogen obstruction, accounts for the symptoms of Bright's disease—the breaking down of the cells and the presence of albumin (cell protoplasm) in blood and urine; the clogging of the circulation; the consequent stagnation and the accumulation of blood serum (dropsy); and the final breaking down of the tissues (necrosis), resulting in open sores and ulcers.

“Excess of phosphorus and the acids derived from it overstimulate the brain and the nervous system, causing nervousness, irritability, hysteria and the different forms of mania.

“An example of this is the ‘distemper’ of a horse when given too much oats and not enough grass or hay. The excess of phosphorus and phosphoric acids formed from the protein materials of the grain, if not neutralized by the alkaline minerals contained in grasses, hay or roots and tubers will overstimulate and irritate the nervous system of the animal and cause it to become nervous, irritable and vicious. These symptoms disappear when the ration of oats is decreased and when more fresh grass or hay is fed in place of the grain. Hard working horses develop distemper when their food contains over five percent protein. What about inactive humans consuming much larger percentages of protein and starchy foods?

“Similar effects to those produced upon the horse by an excess of grain are caused in the human organism, especially in the sensitive nervous system of the child, by a surplus of proteid foods, of meat, eggs, grains and pulses.

“Still, when patients suffering from over-stimulation of the brain and nervous system consult the doctor, his advice in almost every instance is: ‘Your nerves are

weak and overwrought. You need plenty of good, nourishing food (broths, meat and eggs), a good tonic and rest.' The remedies prescribed by the doctor are the very things which caused the trouble in the first place."

The Relationship of Electro-Magnetically Negative Food Elements to Disease-Producing Acids, Colloids, Alkaloids and Ptomaines, in the Human Body

The following diagrams plainly reveal the relationship between the electro-magnetically negative elements of the first four groups (starches, sugars, fats, proteids) and the disease-producing acids, colloids, alkaloids and ptomaines in the human body:

Starches	{	Composed of C O H N P S
Dextrins		
Sugars		
Fats		
Proteids		

H (hydrogen) and O (oxygen) enter into the composition of the great majority of acids, alkaloids and ptomaines.

CO	Carbon monoxid	{	These highly poisonous gases are the products of combustion. When they accumulate in the body they cause asphyxiation, oxygen starvation, anemia and tuberculosis.
CO ₂	Carbon dioxid—		
	carbonic acid— coal gas		

C ₂ H ₂ O ₄	Oxalic acid	{	These acids and their deposits in the system are responsible for headaches, catarrh, rheumatic and arthritic conditions, heart disease, arteriosclerosis, apoplexy and functional forms of diabetes and Bright's disease.
C ₄ H ₃ N ₃ O ₆	Uric acid		

FOOD ELEMENTS AND DISEASE-PRODUCING ACIDS

$C_4H_8O_2$ Butyric acid—forms in decaying animal matter
 H_2SO_3 Sulphurous acid—(sewer gas)
 H_2SO_4 Sulphuric acid—vitriol
 H_3PO_3 Phosphorous acid
 H_3PO_4 Phosphoric acid

The above named acids have a very irritating effect upon the organs and tissues of the body, the stronger ones being positively destructive. They must be neutralized and eliminated by the positive alkaline mineral elements of the fifth group. Meats and eggs generate in the system large amounts of these destructive acids. This explains why in spite of, or rather on account of a “highly nutritious” meat and egg diet, so many people lose flesh instead of gaining it.

$C_8H_{10}N_4O_2$ —Caffein	{	These alkaloids are closely related, chemically, to uric acid and have similar effects upon the system
$C_7H_8H_4O_2$ —Theobromin		
$C_{10}H_{14}N_2$ —Nicotin		
C_2H_6O —Ethyl alcohol	{	Exists in wine, beer, whisky and other alcoholic liquors. It is formed in the digestive tract through the fermentation of sugars

A SELECTION OF POISONOUS PTOMAINS

which form in decaying animal matter and in animal and human bodies (See Chapter XVIII, “Cancer,” in Volume I, *Philosophy of Natural Therapeutics*):

Chemical Formula	Name	Source
$C_5H_{14}N_2$	Cadaverin.....	Putrefying animal tissues
$C_5H_{10}NO_2$	Cholin.....	Putrefying animal tissues
$C_7H_{17}NO_2$	Gadinin.....	Decomposing fish
$C_3H_{13}N$	Hydrocollidin.....	Decomposing fish and flesh
CH_3N	Methylamin.....	Decomposing fish
$C_6H_{13}NO$	Neurin.....	Putrefying flesh
$C_{26}H_{31}NO_{17}$	Indican.....	A poisonous product of intestinal indigestion and putrefaction

The foregoing substances are only a few of the dozens of different ptomains (corpse poisons) which have been discovered in putrefying flesh and fish and in the tissues of living animal and human bodies.

These morbid products of decomposing carbonaceous and protein matter form the most prolific soil for the propagation of germs, bacteria and bacilli found in the worst forms of acute and chronic diseases, such as typhoid fever, diphtheria, appendicitis, ptomain poisoning, acute and chronic gastritis, enteritis, peritonitis, tuberculosis and cancer.

It will be seen that all the poisonous acids, colloids, alkaloids and ptomains mentioned are made up of the six negative, acid forming elements (COHNPS) found in the foods of the first four groups of our classification—the starches, sugars, fats and proteins—and these poisonous by-products and end-products of starchy and protein metabolism must be neutralized and eliminated from the system by the positive alkaline mineral elements which abound in the food materials of the fifth group, especially in the juicy fruits and vegetables.

These facts in nature form the scientific basis of Natural Dietetics and rational vegetarianism as well as of the philosophy and practice of Natural Therapeutics. That they are “facts in nature” has been proved by the investigators of the vitamins as shown on page 436.

CHAPTER VI

THE TENSING AND RELAXING EFFECTS OF FOODS UPON THE DIGESTIVE ORGANS AND THE SYSTEM AS A WHOLE

There are two forces at work in the human organism, the one tensing and contracting, the other relaxing and expanding. Normal function, or health, results from equilibrium between the two. This equilibrium between contending forces we call the positive condition of health; departure from it in either direction, the negative condition of disease. As a rule acids exert a tensing, contracting influence, alkalis relax and expand. These facts should be kept in mind when studying the physiology and psychology of foods and medicines.

The extremes of tension and relaxation are expressed in the functions of the body by constipation and diarrhea. We find that as a rule, acid or acid producing foods have a contracting, constipating influence and the alkaline foods a relaxing, laxative influence.

If the intestines are functioning normally, the feces should pass freely and easily; they should be well formed and leave the parts perfectly clean. After an evacuation there should be a feeling of perfect cleanliness, of freedom and of buoyancy.

It is possible to have daily passages from the intestines and yet retain hard incrustations of fetid matter. An individual may suffer from malnutrition, deficient elimination and autointoxication because the feces are able to force a passage through hardened accumula-

tions. Often this condition is indicated by the thinness of the discharges.

If the feces are black, too much of the bile and uric acid producing foods (proteids) have been taken. If they are too light, probably not enough proteids and starches are consumed.

The extremes of tension are illustrated, on the one hand by the collemic forms of uric acid poisoning, in which the capillaries are blocked, surface circulation impeded, blood in the arteries and vital organs at high tension, bowels sluggish and constipated; on the other hand, the extremes of relaxation are characterized by weakened blood vessels and flabby muscles. The blood serum seems to leak in morbid perspiration from the relaxed tissues, and the bowels are usually very loose.

In mental and psychic conditions, the extreme of tension is portrayed in the excitable, overactive, talkative, boisterous and sometimes violent types of nervousness, hysteria and delusional insanity. The extreme of relaxation is exhibited in weak, negative, psychic cases. These patients are languid, listless, indifferent to surroundings, too apathetic to eat, dress or to attend to their bodily needs.

Proteids (Group IV)

By reference to the tables on page 390 we find that proteid materials are made up of six negative acid producing elements (COHNPS). Proteids are, therefore, above all others, acid producing foods. In the metabolism of the body they produce uric, carbonic, sulphuric, phosphoric, oxalic and a number of other acids; therefore, it is not surprising that proteid foods are constipating.

Lean meats, fish and fowl, if taken by themselves, are very constipating. Fat meats, taken in moderation and in right combinations, have a lubricating, laxative effect; if taken in excess they produce constipation and a sticky condition of the bowels and feces; eggs, being rich in albumen, sulphur and phosphorus, when taken by themselves or in combination with other tensing foods, are also constipating. Milk in small quantities has for many a constipating effect; taken in large quantities it often has a laxative effect, because of the amount of water with which the system is deluged; in other cases, existing constipation is intensified by this practice.

The vegetable products richest in proteid are the legumes (peas, beans and lentils) and the cereals. These are generally called the glutenous or nitrogenous foods. If taken by themselves or in combination with other tensing foods they have a constipating effect; the feces become hard and brittle. Nuts, being rich in fats and proteid, if taken in excess or with other tensing foods, also have a constipating effect on most people.

Carbohydrates (Groups I and II)

Foods belonging to the carbohydrate groups, which in the natural state occur in combination with large amounts of organic salts and other laxative principles, do not impede the normal activities of the intestines, unless taken in excess.

Such foods are whole grain preparations of cereals and the unrefined brown sugar products of cane, beet and maple. The starchy and glutenous principles or the pure sugar, when artificially extracted from natural

food products, become proximate and inorganic food elements, which, separated from the organic salt and other laxative principles, exert a tensing and constipating influence. Such proximate food elements are starch, gluten, white sugar, and the like. Honey is one of nature's finest foods. Besides being rich in saccharin matter it contains positive mineral elements and is animated with the animal life element. Molasses is much more laxative than white sugar, because it contains the organic salts of which the refined sugar has been robbed.

Hydrocarbons (Group III)

Animal fats, cream and vegetable oils, taken in moderate quantities, have a purely mechanical laxative effect, because they act as lubricators to the organism as a whole and especially to the intestinal tract. If taken in excess, however, or in combination with tensing foods, they have a constipating effect, because the liver and pancreas cannot furnish sufficient amounts of bile and steapsin for their reduction, and fats which fail to be reduced or saponified produce a sticky condition of the intestines. Even too much olive oil, which many vegetarians seem to think can be taken without harm, may, therefore, become a source of constipation. We must not overlook the fact that it is a proximate element. The olive itself, containing the oily principles in combination with moderate percentages of organic salts, has a much more beneficial effect.

Organic Salts (Group V)

In this group belong all foods comparatively poor in proteids, carbohydrates and hydrocarbons, and rich

in the organic salts of sodium, iron, lime, magnesium and potassium. The most valuable in this respect are the green, leafy vegetables such as spinach, lettuce, cabbage, celery, kale, asparagus, watercress, the green tops of roots, and so on. Next in order come the roots: radishes, carrots, parsnips, beets, rutabagas, onions and horseradish. Potatoes, although they contain considerable amounts of potassium and lime, are deficient in sodium, iron and magnesium. However, they are rich in bone building minerals and in vitamins. On the whole, the starchy elements predominate over the organic salts and they are, therefore, placed in the carbohydrate group. Among the fruits, the banana corresponds to the potato; it is rich in starchy and saccharin elements, but comparatively poor in organic salts.

Nature's Wise Provision

It is interesting to note how, for each season of the year, nature furnishes the foods and medicines best adapted to changing conditions. In the fall we gather the hardy, nourishing, heat and energy producing cereals, legumes and nuts, which furnish the fuel materials necessary to do the winter's work and to protect us against the cold. These acid-producing foods, through their tensing, contracting influences, help us to retain the heat of the body; on the other hand they also favor the retention of waste matter and poisons. During the winter season the accumulation of fermentable waste matter in the system is brought on by increased amounts of food, closed doors and windows and pores contracted and closed by the cold.

With the first thaws of springtime these waste mate-

rials begin to ferment and to produce fevers, colds and catarrhs. Nature again provides the proper foods and remedies: lettuce, spinach, radishes, young onions, watercress, rhubarb, asparagus, and other tender, luscious vegetables. These furnish the best laxatives and diuretics—those which most effectively assist nature in her spring house cleaning.

In the heat of summer the watery, refreshing and cooling melons, cantaloups and cucumbers are the most effective agents in relaxing the bowels and the pores of the skin, allowing free evacuation and increasing heat evaporation through the surface of the body. These delicious summer foods owe their relaxing qualities to the large percentage of alkaline salts which they contain. Their purging effect need not be feared. By cleansing the system of waste matter and poisons this purging prevents dangerous inflammations and fevers.

CHAPTER VII

STANDARD FOODS

Milk and Arterial Blood the Only Standard Food Combinations in Nature

Animal and human bodies are composed of certain well defined elements, in certain well defined proportions. Chemistry so far has discovered seventeen of these elements in appreciable quantities and ascertained their more important functions in the body. If any of these are present in over abundance, and others are deficient in quantity or wholly lacking, there will be abnormal function, or disease. Therefore, the elements of nutrition must be provided in right proportion in order to meet the needs of the body.

The quest of natural food reformers after a normal, natural diet is hence not so silly and impossible as some people would have us believe.

Many old school food scientists, also, have recognized the desirability and possibility of establishing standard food combinations. But all these authorities, whether they are advocates of the meat, mixed, or vegetarian diet, deal only with proteids, fats and carbohydrates. This is shown in the following "Standard Daily Rations" given by "regular authorities" on dietetics on page 616 of Kirke's *Physiology*. This work is used as a text book in many prominent medical universities in this country.

On the page just mentioned Moleschott gives the following normal diet:

Proteids	120 grams
Fats	90 grams
Carbohydrates	333 grams

Ranke's normal diet, given on the same page, closely resembles Moleschott's:

Proteids	100 grams
Fats	100 grams
Carbohydrates	250 grams

In explanation of these standard food combinations Kirke says: "The nutritive value of the diet depends chiefly upon the amount of carbon and nitrogen it contains." Which means—proteid and carbohydrate foods are the most important.

The leaders of American vegetarianism, building on these old school theories and food standards in making up their vegetarian diet combinations, searched principally for substitutes for meat and eggs, that is, for foods rich in proteids, fats and starches. As a consequence, we find that the dietetics of our best known vegetarian sanitariums and food reformers deal mainly with proteids, fats and carbohydrates. The daily bulletins giving dietary advice to the patients of these institutions deal with these three proximate food elements only.

All widely advertised breakfast and predigested health foods in the market are made up of grains, peas, beans, peanuts, cocoanuts or combinations of these food materials.

Breaking up these natural products of the soil into proximate elements, such as protose, gluten, white flour,

white sugar, and the like, and devitalizing them by cooking, steaming and roasting tends to make them more negative than they were in the natural state.

The proximate elements, proteids, fats and carbohydrates dealt with in old school dietetics, contain six elements only out of the seventeen found in the human body. What about the others—the mineral elements?

Kirke and all other “regular” authorities merely mention these all-important mineral elements and bunch them as “inorganic salts” or “ash,” and claim that any adequate food supply of proteids, fats and carbohydrates carries enough of these “inorganic salts” to satisfy the needs of the body.

This assumption, however, is superficial, and altogether unscientific. We shall prove in these pages, and by means of our tabulated analyses, pages 484 and 485, that exactly the reverse is true—that the organic salts or mineral elements are of the greatest importance in the vital functions of the body; that the only danger lies in the excessive use of proteids, fats and carbohydrates; and that the difficulty in rational dietetics lies in procuring in the daily dietary a sufficient amount of **organic mineral salts** without at the same time overloading the system with starchy and nitrogenous elements.

These authorities also make a mistake in stating their normal diet combinations in weight. This is always misleading, as the amount of food needed by different individuals differs very much in weight. Stuffing food into patients by weight in accordance with “standard rations” has stuffed numbers of them into early graves. An amount of food in weight just sufficient for the needs of one person may prove altogether too much for the next one. The only rational

way to calculate food proportions is by percentages. In order to accomplish this readily it is necessary to establish a standard combination of food elements in such proportions or percentages as will meet all requirements of the human organism.*

Milk was selected by some German scientists as such a standard food combination because nature made it a perfect food for the new-born and growing animal, and because it is capable of sustaining the growing organism in perfect health and strength. Furthermore, the analyses of Dr. Lahman and other chemists disclose the interesting fact that the elementary composition of the milk of an animal is just about the same as the composition of the ash of its body after cremation.

Milk is, indeed, a perfect food for the growing animal, but it is not so to be considered for the adult animal or man. The reason for this is that the young and growing animal requires a great deal more of potassium and calcium, the tissue building elements, than the full grown, adult body. On the other hand, the young animal, on account of its greater elasticity, plasticity, and natural activity in play and sports, eliminates waste matter much more readily, and, therefore, needs less of the eliminative elements than the mature body.

This is indicated by a comparison of the analyses of blood and milk. While milk is richer in the building elements, the blood of the adult animal body is richer in sodium and iron, the positive "working" elements.

*Note.—The first treatise in the English language dealing with the functions of the mineral elements in the body was written by Otto Carqué at the suggestion of Dr. Lindlahr. The latter then treated the subject more fully in the *Nature Cure Magazines*, Volumes 1907-1909.

DIETETICS IN A NUTSHELL

Food Classes	Predominant Chemical Elements	Functions in Vital Processes	Foods in Which the Elements of the Respective Groups Predominate
Starches	Carbon Oxygen Hydrogen	Producers of heat and energy	CEREALS: The inner, white, parts of wheat, corn, rye, oats, barley, buckwheat, and rice VEGETABLES: Potatoes, roots, sweet potatoes, pumpkins, squashes FRUITS: Bananas NUTS: Chestnuts
Dextrins and Sugars	Carbon Oxygen Hydrogen	Producers of heat and energy	VEGETABLES: Melons, beets, sorghum FRUITS: Bananas, dates, figs, grapes, raisins DAIRY PRODUCTS: Milk NATURAL SUGARS: Honey, maple sugar COMMERCIAL SUGARS: White sugar, syrup, glucose, candy NUTS: Coconuts
Fats and Oils	Carbon Oxygen Hydrogen	Producers of heat and energy	FRUITS: Olives DAIRY PRODUCTS: Cream, butter, cheese NUTS: Peanuts, almonds, walnuts, coconuts, Brazil nuts, pecans, pignolias, etc. COMMERCIAL FATS: Olive oil, peanut oil, peanut butter, vegetable cooking oils The yolks of eggs

GROUP I Carbohydrates
GROUP II
GROUP III Hydrocarbons

GROUP IV Proteids	Albumen (white of egg) Gluten (grains) Myosin (lean meat)	Carbon Oxygen Hydrogen Nitrogen Phosphorus Sulphur	Producers of heat and energy; Building and repair materials for cells and tissues	CEREALS: The outer, dark parts of wheat, corn, rye, oats, barley, buck- wheat, and rice VEGETABLES: The legumes (peas, beans, lentils), mushrooms NUTS: Cocoanuts, chestnuts, peanuts, pignolias (pine nuts), hickory nuts, hazelnuts, walnuts, pecans, etc. DAIRY PRODUCTS: Milk, cheese MEATS: Muscular parts of animals, fish, and fowls
GROUP V Organic Minerals	Organic Mineral Elements	Sodium Na Ferrum (Iron) Fe Calcium (Lime) Ca Potassium K Magnesium Mg Manganese Mn Silicon Si Chlorin Cl Fluorin F	Eliminators; Blood, bone and nerve builders; Antiseptics; Blood purifiers; Laxatives; Cholagogues; Producers of electromagnetic energies	The red blood of animals CEREALS: The hulls and outer, dark layers of grains and rice VEGETABLES: Lettuce, spinach, cabbage, green peppers, watercress, celery, onions, asparagus, cauliflower, toma- toes, string-beans, fresh peas, parsley, cucumbers, radishes, savoy, horse- radish, dandelions, beets, carrots, tur- nips, eggplant, kohlrabi, oysterplant, artichokes, leek, rosekale (Brussels sprouts), parsnips, pumpkins, squashes, sorghum FRUITS: Apples, pears, peaches, oranges, lemons, grapefruit, plums, prunes, apricots, cherries, olives BERRIES: Strawberries, huckleberries, cranberries, blackberries, blueberries, raspberries, gooseberries, currants DAIRY PRODUCTS: Milk, buttermilk, skimmed milk NUTS: Cocoanuts

CHAPTER VIII

DIGESTION AND ASSIMILATION

Digestion and assimilation may be divided into the following stages:

1. intake of food;
2. mastication;
3. insalivation;
4. deglutition;
5. chymification in the stomach;
6. chylication through intestinal digestion;
7. absorption of the chyle by the membranes lining the intestinal tract, and its transmission through the lacteal and venous vessels into the circulation;
8. elimination and defecation of the end-products and waste materials of digestion.

The limited space of this volume does not admit of going into the details of these various processes. They can be studied in any encyclopedia or work on physiology. We shall confine ourselves to giving a brief outline of the processes of digestion and assimilation in so far as this will facilitate a better understanding of the problems of Natural Dietetics discussed in this volume.

The office of digestion is to prepare the foodstuffs for absorption into the fluids of the body, and for utilization in the various processes of nutrition. To make this possible, the coarse and complex food materials have to be dissolved and rendered diffusible in order to facilitate their absorption through the mem-

branes of the epithelial cells which cover the walls of the intestinal tract. This breaking up of the complex food materials into simpler compounds, or into their constituent, proximate elements is accomplished by the influence of the digestive ferments secreted by the microzyma in the cells of certain glandular structures belonging to the digestive apparatus.

In the following brief survey of the processes of digestion and assimilation, we shall follow the various food materials through their transformations to their final destination in the vital economy of the body.

Orthodox physiology and food chemistry, as we have pointed out in other places, deal with three food classes only. These are:

1. the carbohydrates, comprising starches, dextrins and sugars;
2. the hydrocarbons, comprising fats and oils;
3. proteids, the principal representatives of which are albumen (white of egg), gluten of grains and legumes, myosin of fleshy tissues, serum-globulin of the blood, hemoglobin of the red blood corpuscles, lactalbumin and casein of milk and cheese.

Digestion of Starches

The starches are acted on in the mouth, after thorough mastication and insalivation, by the ferment ptyalin of the saliva, and transformed into dextrins and sugars (maltose and glucose). Ptyalin acts only in an alkaline or neutral medium. If the starches are thoroughly masticated and insalivated, the action of the ptyalin continues for twenty to forty minutes in the stomach. By that time its action is checked by the acidity of the gastric juices.

The transformation of the starches (after they leave the stomach) into the simplest and most refined forms of dextroses and glucoses (sugars) continues in the intestines under the influence of the pancreatic ferment amylase or amylopsin. The ferment, invertase, found in the intestinal fluid, changes cane sugar into levulose, and the latter into glucose. The starches must be reduced to dextroses and glucoses before they can be assimilated by the epithelial cells lining the intestinal walls and before they can be transmitted through these into the circulation.

From what has been said it becomes apparent why it is necessary to thoroughly masticate and insalivate all starchy foods. This is of especial importance for those who suffer from intestinal indigestion. If starchy foods, as is usually done, are made slippery with milk and cream and swallowed down without being thoroughly mixed with saliva, they remain unchanged in their passage through mouth and stomach. If there is a tendency towards, or actual condition of intestinal indigestion, the starches are not transformed at all, and instead of being absorbed into the circulation as valuable fuel materials in the forms of dextroses and glucoses, they enter into processes of decay and fermentation, filling the system with noxious gases and poisons.

If more starchy food materials are taken in than can be absorbed by the circulation and utilized by cells and tissues, part of the surplus is stored in the liver and in the muscles in the form of glycogen, to be drawn upon when the intake of carbohydrates falls below the requirements of the body. On page 371 we described Dr. Thomas Powell's ingenious and plausible theory of the conversion of the carbon compounds in

the cells of the muscles and other tissues of the body into heat and muscular energy.

Digestion of Fats

The fats are not acted on at all by the saliva, or by the gastric juice of the stomach, only so far as the hydrochloric acid of the latter partly digests and dissolves the membranes of the fat globules, rendering their contents more soluble and more prone to the action of the fat splitting ferments in the intestinal tract. The principal one of these ferments is the lipase (steapsin) of the pancreatic fluid. The action of the lipase is greatly facilitated and intensified by the bile. In fact, the digestive activity of all of the pancreatic ferments becomes possible only after the contents of the intestinal tract (chyme and chyle) have been changed from the acid condition, in which they left the stomach, to the alkaline, because the pancreatic and intestinal ferments act in an alkaline medium only.

The fats are split up into glycerin and fatty acids. These end-products of fatty digestion are absorbed by the epithelial cells lining the intestinal walls. While passing through these cells the glycerin and fatty acids are reunited and built up into fat globules, and these are then transmitted through the lacteal vessels into the lymphatic circulation, and finally into the venous circulation, to be further refined and prepared, for assimilation, in their passage through the liver.

Digestion of the Proteids

Proteid food materials serve two principal purposes. They are composed of six elements (COHNPS.) The first three elements may be utilized in the economy

of the body for the production of heat and energy, the same as the (COH) molecules in carbohydrates and hydrocarbons, but aside from this the proteid food materials serve other important purposes in the building up and repairing of cells and tissues. The substance of cells consists of protoplasm, that is, proteid matter; therefore, the building and repair of cells requires proteid foodstuffs. But the transformation of the proteid materials as they exist in foods into the proteid substances of the living cells and tissues of the human body involves profound changes, different from, and far more complex than the simple hydrolytic reduction of carbohydrates and hydrocarbons

The breaking up of proteids into amino-acids has been described on pages 380 to 384.

The progressive digestive changes of the proteids into proteose, peptones and amino-acids begin in the stomach under the influence of the pepsin secreted by the cell linings of the stomach. The pepsin acts only in an acid medium and this is created by the hydrochloric acid which forms part of the gastric secretions. The transformation of the proteids continues in the intestinal tract under the action of the trypsin. The trypsin is not, as was formerly believed, solely a secretion of the pancreas, but is in reality a compound formed by the chemical union of trypsinogen of the pancreatic fluid with the enterokinase secreted by the epithelial cells of the intestinal walls, especially in the duodenum.

The trypsin acts only in an alkaline medium, and this is furnished by the inpouring of the bile into the chyme as the latter enters the intestines in its periodic discharges from the stomach.

It seems to be the acidity of the chyme and the ferment secretions of the pancreatic juice, as well as the

THE PROCESSES

The following diagram presents in concise form a

FOOD PRODUCTS	ACTED UPON BY
Starch	{ The ptyalin of the saliva in the mouth and stomach The amylase of the intestinal fluids }
Cane Sugar ...	Invertase of the intestinal fluids
Milk	{ Rennin of stomach Lactase of the intestinal fluids }
Fats	{ Hydrochloric acid of the stomach Bile of liver and lipase of pancreatic fluid }
Proteids	
Albumen Serum- globulin Hemoglobin Myosinogen Gluten	{ Pepsin of stomach and trypsin of intestinal fluid. Trypsin is composed of the trypsinogen of the pancreatic fluid in combination with the enterokinase of the intestinal fluid. }

OF DIGESTION

survey of the most important phases of digestion

CHANGED INTO	SERVE AS
Dextrins Dextrose Maltose Glucose	Fuel materials and producers of muscular energy
Laevulose and this into glucose	
Curds proteid into caseinogen	
{ Changes milk sugar into galactose and this into glucose	
{ Digests cell membranes of fat glo- bules	
{ Change fats into glycerin and fatty acids	Producers of heat and energy. Build- ing and repair materials for the cells and tissues of the body
{ Changes proteids into proteose, peptones and amino-acids	

secretion of the enterokinase, which stimulate the flow of the bile into the duodenum. The transformation of the proteid food materials into proteose, peptones and amino-acids continues in the intestines, and these refined forms of proteid matter are then absorbed by the cell lining of the intestinal walls and elaborated into the more complex proteid substances as they exist in the human body.

To recapitulate, the breaking down of all food materials into simpler and more refined compounds serves several purposes:

1. to separate waste and indigestible matter from the nutritious substances;
2. to make food materials sufficiently soluble and diffusible so they can be assimilated by the absorbent membranes of the digestive tract;
3. to liberate their latent heat and vital energy;
4. to change the coarse compounds of food materials into the more refined and complex materials of the living cells and tissues of the human body.

If we assimilated animal blood, flesh and fat in their original forms, the tissues of our bodies would soon resemble those of pigs, cows and sheep. In order to preserve the individuality and integrity of the various species and families of animals and of man, it is necessary that all food materials be broken down first into their simplest compounds and proximate elements and then reconstructed (synthesized) into the building materials, cells, tissues and organs of the animal or human being which consumes the foods.

CHAPTER IX

THE TRUE NATURE AND SOURCE OF VITAMINES OR LIFE ELEMENTS

The opening paragraphs and later passages of this treatise on vitamins may impress the reader more like a sermon than a scientific essay on food value. This is not at all unusual or unreasonable. Science is rapidly becoming more religious and religion more scientific. The laws and principles underlying the science of dietetics and the art of healing human ailments cannot be comprehended and applied without an understanding of the psychical and spiritual basis of physical material things and forces.

The greatest of all gifts bestowed upon us by Cosmic, Creative Intelligence is life. Upon this primary gift of all gifts depend consciousness, individual intelligence, reason, creative will, and all else. More life means better health, more strength, greater efficiency in the business of life, increased capacity for loving and serving, and therefore greater happiness.

“That sounds beautiful and true,” you say, “but how can we receive more life when we cannot create it, when we do not know what it is?”

What about electricity? Ask Edison, Marconi, or any other great electrician, what this mysterious force is. They will tell you, “We do not know.” Yet they have harnessed the lightning to their machines and made it our obedient servant. So it is with vital force. We cannot create it; we do not know what it is. If we did,

we would know God; we would know all there is to be known in this universe. However, we do know this primary force of all forces through its manifestations in living bodies, and by complying with the laws and principles which govern its phenomena, we can open ourselves to a more abundant inflow of vital energy.

This is what the Master meant when he said, "I am come that they might have life, and that they might have it more abundantly." In these words the Master, Jesus, not only gave us the formula for the healing of human ailments and for the expression of the highest possible degree of efficiency on the physical, mental, moral and spiritual planes of being, but He also disclosed the principle underlying the evolutionary development of the sidereal universe, from the tiniest atom of matter to the greatest solar system. Evolutionary development means the manifestation and expression of more life in ever-increasing degrees of potency, refinement and complexity.

How did the Master, Jesus, fulfil his promise? By feeding his followers plenty of rich and nourishing food? By giving them poisonous tonics and stimulants? No, he taught them how to comply with the higher laws of their being, how to become more perfect in body, mind and soul, and in that way to open themselves to a more abundant inflow of life and vital energy.

Weak, sick humanity cries out in despair: "Oh, doctor, if you could only prescribe some nourishing food or tonic to give me more strength, then I would be all right!" Through all the ages, alchemists, doctors and scientists have been searching in vain for the wonderful elixir which will rejuvenate the body, cure all human ills and prolong human life indefinitely.

Since we began to study the problems of health, disease, and capacity of enjoyment of life are manifest—would be able to cure all disease instantaneously if we could sufficiently increase the inflow and activity of vital energy. **All disease is caused by something that interferes with, diminishes, or disturbs the normal inflow and distribution of vital energy throughout the system.**

Vigor, physical and mental, power of resistance to disease, and capacity of enjoyment of life are manifestations of vital energy and these are transmutations of vital force. The problem, then, before us in the healing of disease as well as in maintaining the greatest possible efficiency and capacity for the enjoyment of the finer pleasures of life, is to increase the inflow and distribution of life force—which means “life more abundant.”

This glorious consummation has been and always will be out of reach so long as the medical profession and the laity look for the source of vital energy in “nourishing foods or strengthening tonics and stimulants.” These substances cannot bestow life, because they are secondary manifestations of life. Secondary, derived energies cannot be transmuted back into life force—the primary source of all kinds of energy. If this were possible, we could, indeed, prolong life indefinitely.

We hear you say: “If this were true, why do we have to eat and drink to keep alive? Why do we waste away and die when we abstain from food and drink?” This is the answer. All that food and drink can do is to keep the organism in the right condition so that vital force can manifest and operate through it to the best advantage. To this end food is needed to build up and repair the cells and tissues of the body. It also serves to a certain extent as fuel material which is transmuted

into animal heat and vital energy. But this does not account for the enormous amounts of animal heat and energy constantly liberated and expended by the animal or human body.

Just as coal has to come in touch with fire before it can be transmuted into heat, so the life force is needed to "burn up" or "explode" the fuel materials in the body. When "Life" has departed, even large amounts of sugars, fats, proteins, tonics and stimulants are not able to produce one spark of vital energy in the dead body.

Instead of increasing vital energy, overeating wastes it. Digestion and assimilation of food and drink and elimination of waste materials require the expenditure of considerable amounts of vital energy. Therefore all food taken in excess of the actual needs of the body wastes vital force instead of giving it.

If these facts were more generally known and appreciated, people would not habitually overeat under the mistaken idea that their vitality increases in proportion to the amount of food they consume; neither would they believe that they can derive strength from poisonous stimulants and tonics. They would not be so much afraid of fasting. They would understand better the necessity of fasting in acute diseases and healing crises and avail themselves more frequently of this most effective means of purification. They would no longer believe themselves in danger of dying if they were to miss a few meals.

Nothing has proved more positively the fact that there must be another source of animal heat and energy besides food and drink, than the long fasts frequently undergone for therapeutic and other purposes. Since Dr. Tanner completed his forty-day fast, fasting has

become popular as one of the best methods of physical, mental and moral regeneration. During the last eighteen years hundreds of people have fasted under our observation and direction. These fasts were continued from a few days to six weeks; in several cases as long as seven weeks. These long fasts did not prove harmful in any way, but on the contrary they resulted in improved health and were followed in time by gains in flesh and strength.

As long as reports of long fasts and their beneficial effects come from physicians advocating drugless healing methods, the veracity of these accounts may be questioned by the medical profession and the laity, but at the present time proof of the possibility of such long extended fasts comes from an unexpected source. To quote from a pamphlet the writer issued near the climax of the fasting protest in Ireland:

“It is now ninety-one days, or thirteen weeks, since the Irish hunger strikers started on their long martyrdom. During the first few weeks of their fasting, I predicted that they could go ten weeks without food before reaching the danger point. This proved true. Of the eleven confined in the Cork prison, Fitzgerald was the first to die, on the seventy-second day of his fast. MacSwiney began to have fainting spells on the seventy-first day of his fast. The attending physicians started to feed him while temporarily unconscious. During his waking moments, however, he vigorously resisted it. This martyr to the cause of his beloved country passed away on the seventy-fourth day. He would have lived longer if beef juice and alcoholic stimulants, two of the worst things to break a fast, had not been forced into him.

“The daily papers stated that during the last few

days of his life his temperature was normal. At the time of this writing the eleven hunger strikers in Cork prison have completed their thirteenth week. The temperature of their bodies is still near normal or only a few degrees below normal."

If food and drink, as claimed by the medical profession and materialistic scientists in general, is the only source of animal heat and energy, why is it that the temperature in those starving bodies remains near normal to the very end, when all the reserves of nourishing substances have become exhausted, when nothing is left of their wasted bodies but skin and bones? If the mechanistic theory of vital force is true, if human bodies depend for heat and energy on food and drink like the boiler on the coal that is shoveled into the furnace, why is it that the temperature in those starving bodies towards the end did not gradually decline? Why did it keep above ninety degrees to the last breath and then drop suddenly to the temperature of the surrounding atmosphere? What is it that keeps the heat in those bodies up to normal after all fuel materials have been exhausted?

The only possible explanation is that there must be another source of heat and energy besides food and drink and the reserve stores of flesh and fat in the body. Think of the enormous amount of heat and energy liberated and expended by a body in normal health during twenty-four hours. Not long ago a prominent authority made the statement that it had been proved by scientific experiments that the amount of power necessary to draw one full breath was equal to an amount of energy required to lift a five hundred pound weight two inches from the floor. If this is true, what immense amounts of energy must be required to

perform the thousands of different forms of physical, chemical, mental, and emotional activities going on in a living human body during every moment of its existence!

We do not know whether the statement before alluded to is true or not. We do know, however, that very large amounts of energy must be required to expand the breathing apparatus with its heavy and complicated mass of bones, ligaments and muscles, to force the large amount of blood through the arteries and capillaries of the body against great resistance, besides hundreds of other forms of working energy continuously active during waking and sleeping hours. In addition to this, imagine the enormous amount of heat necessary to keep a full-grown human body up to normal temperature during twenty-four hours. The totals of heat and energy thus liberated and expended must amount to an equivalent of thousands of pounds of steam.

Does anyone of sane mind believe that this enormous amount of heat and working energy can be derived from a few pounds of food and drink consumed by a human being in the course of a day? Still this is boldly claimed by exponents of the materialistic or mechanistic theory of life and vital energy. It is the basis of the calory theory of food values.

As before stated, all that food and drink can do is to keep the body in normal, healthy condition. On this depends the flow of life force into the body and its free distribution by way of the sympathetic and central nervous system to the various organs and to every individual cell.

Anything and everything in natural methods of living and of treatment that will help to nourish and purify the blood, that will rid the system of waste and

morbid matter, that will correct mechanical lesions and harmonize mental and emotional conditions will insure a greater supply of life force and its derivatives—strength, vitality, resistance, and recuperative power. In other words, the more normal, healthy and perfect the organism, the more copious will be the inflow of vital energy.

All the different schools, systems, and cults of healing deal only in a partial way with the problem of vital force. Some confine their efforts to dietetic measures, others to the administration of drugs and to surgical treatment. The hydropath stimulates the flow of vital fluids and nerve currents through hot and cold water applications. Manipulative schools of healing endeavor to facilitate the distribution of vital energy through the system by correcting mechanical lesions in the bony structures, ligaments, muscles, and connective tissues. Mental scientists, Christian Scientists, and spiritual healers confine their efforts to establishing the right mental and spiritual attitude. All these and other systems of treating human ailments deal only with one or several phases of the problem.

The only system so far devised that endeavors to combine and apply **all** that is good in natural healing methods is Nature Cure. It draws the line only at the employment of destructive methods, such as the use of poisonous drugs, filthy disease products, promiscuous, uncalled for surgical operations, hypnotism and mental therapeutics, based on erroneous and misleading premises.*

* The reader will notice that the foregoing paragraphs contain repetitions from Chapter III "For What Do We Eat and Drink." The author believes that this is permissible on account of the vital and fundamental importance of the truths herein revealed.

CHAPTER X

WHO DISCOVERED THE VITAMINES OR LIFE ELEMENTS?

Nothing in the field of dietetics has created such widespread and genuine interest as the "discovery of the vitamins." It is true that the vitamins are of primary importance in the processes of nutrition, but are they a "new discovery"?

The word "vitamine" means "life substance" or "life element," and we have talked about the life elements in foods ever since we began to lecture and to write on natural dietetics.

The term, life elements, as far as we know, was first used by Florence Huntley in *Harmonies of Evolution*.

One of the first articles dealing with the subject of vitamins, under that name, appeared in the Britannica Year Book for 1913. It was entitled *Cause and Cure of Beriberi* and read as follows:

"Few events in pathology, during late years," says Dr. Paget, "have been more notable, or more happy, than the discovery of the cause of this endemic disease. Beriberi, a form of peripheral neuritis, with loss of muscular power, emaciation and exhaustion, has been one of the scourges of the tropics. In the Federated Malay States the estimate has been made of 45,000 deaths from beriberi in the course of thirty years. In the Philippines it has been a long standing evil. During the Russo-Japanese War it accounted for a very large part of the sickness among the Japanese."

In 1909 Fraser and Stanton published their *Etiology of Beriberi*. Working on the lines suggested by C. Hose and Braddon, they

traced the cause of the disease to the use of "milled" rice, i. e., rice which has been "polished" by the removal of its husk and outer layers. Fowls or pigeons fed on polished rice alone quickly showed signs of the disease; but if the polishings of rice were added to their food they quickly recovered. Further observations by De Haan, Chamberlain, Eijkmann, and others showed that the disease was not due simply to the absence of phosphates from the rice. It was due to the loss of substance which is present as a mere trace in the husks; indeed, there are no more than ten grains of it in a ton of rice. Funk, working at the Lister Institute, has lately segregated this substance, and has given it the name of "vitamine." We are told that a pigeon fed on polished rice alone will, in three or four weeks, show signs of the disease. If, when death seems imminent, a minute dose of vitamine be given, the bird quickly recovers.

The wonder does not end here. For this work on beriberi throws light on epidemic dropsy, scurvy, rickets, etc. Indeed, Funk has isolated from limes a substance similar to vitamine, and present in about one in 100,000 parts of the fruit. This "vitamine of the lime" has a favorable action alike on beriberi and on scurvy.

Dr. Paget asserts that the practical value of these studies is already evident. In the Philippines, since the American occupation, the change of food from polished to unpolished rice has practically stamped out the disease beriberi. Similar results are reported by Dr. Heiser in regard to a leper colony at Culion. The disease has been so common in this colony, since its founding in 1906, that it caused one-third of the deaths. But after the use of unpolished rice was made compulsory, no deaths occurred from the disease, and persons already affected were quickly cured by the addition of rice polishings to their food.

Since Dr. Paget, Casimir Funk and others first used the term "vitamine" much has been said and written about this interesting subject, but nowhere outside of our own writings has an explanation been offered as to what these mysterious substances or forces really are.

As before stated, for the last eighteen years we have been writing and talking about the existence and func-

tions of the *life elements* in foods—and the *life elements* are identical with the *vitamines*.

It is, to say the least, a curious coincidence that the word “vitamine” is a literal translation of the term “life element” which we have been using to denote the manifestations and activities of the life force in foods and living bodies.

In the November, 1908, issue of the *Nature Cure Magazine*, we wrote about the life elements, as follows:

In every higher kingdom of nature, matter is made to vibrate to higher ratios of vibratory motion and molded into compounds of increasing complexity and of greater refinement of texture.

Four distinct life elements, or “ranges of vibration,” control the four great kingdoms of life on this earth plane. These life elements are manifestations of life force in physical, chemical, mental, emotional, spiritual and psychical activities.

The lowest or mineral plane is controlled by the electro-magnetic life element; the next higher or vegetable kingdom by the vito-chemical life element; the still higher animal kingdom is animated by the spiritual or animal life element; and the highest or human plane by the soul or psychical life element.

In the mineral kingdom the electro-magnetic life element binds together by chemical affinity the atoms into the simple inorganic compounds of the mineral plane.

In the vegetable kingdom, the vito-chemical life elements, by the aid of sun heat and energy, builds up the simple compounds of earthy elements, air and water, into the refined and complex living molecules of organic vegetable matter.

The elements of earth, air, sun heat and water thus organized or made alive in the vegetable cell by the vito-chemical life element, furnish the foods for the next higher animal and human planes.

The animal life element governing the animal kingdom seizes upon the living matter of the vegetable plane and refines, organizes and vivifies it to still higher potencies of vital force and creative energy and introduces the psychical elements of consciousness, instinctive intelligence and volition.

The human kingdom is animated and dominated by the soul or psychic life element. Under its influence animal consciousness matures into human self consciousness; instinctive intelligence and volition develop into human reason, will power and self-control.

To recapitulate: The four great kingdoms of earth life are animated and governed by four distinct life elements which are equivalent to progressively higher and more refined ranges of vibratory activity, and increase of vibratory activity means increase of kinetic or working energy.

These facts in natural science explain why, in every higher kingdom, molecules become more complex, and possessed of greater potential energy, greater complexity of structure and higher refinement of texture. Since the building of atoms into molecules involves the absorption of the energy which does the building into that which it is building, every additional atom in the molecule means additional inherent energy.

In the September, 1909, number of the *Nature Cure Magazine* we wrote as follows:

It is vital force manifesting through the life elements in the plant, animal or man which, in conjunction with the light, warmth and energy supplied by the sun, elaborates the elements of the earth and air into the ascending forms of life and consciousness. In other words, vital force or the life element is the builder, while sun heat and light are building materials.

These processes of metabolism—of building up and tearing down—the transformation of one form of life into another—are well described in the following paragraphs translated from a German book on vegetarianism. These descriptions reveal the wonderful commerce and reciprocity between the higher and lower planes of life by which the waste products of one kingdom constitute the sustenance of the other. There is no death—life is growth and growth is change.

This transformation of sunlight into chemical energy takes place in those vegetable cells which contain chlorophyll.

(Chlorophyll is a proximate element that gives the green color to fruits and vegetables.) What we call protein, starches and fats are merely different forms of sun energy transformed into chemical energy, and these foodstuffs contain nothing more than sun energy when we consume them in flesh foods.

What happens in the vegetable cell? Out of the air, the plant absorbs carbon dioxid. This is a combination of one part carbon and two parts oxygen. To part these elements requires a great expenditure of energy and this work of separation is performed by light or sun energy. The oxygen, which has been torn away from the carbon, escapes into the air and serves as food for the animal and human kingdoms, while the carbon in the plant enters into combination with other elements absorbed from the earth and from the air.

Oxidation, or combustion, is nothing else than the reunion of carbon in the plant molecule with the oxygen of the air. The result is carbon dioxid, which again serves as food for plants.

Sun energy also causes the separation of water into hydrogen and oxygen, and this also involves a great expenditure of energy, part of which becomes latent in the newly formed molecules of the vegetable cell. When in the digestive processes, carbon and oxygen, which have been parted in the formation of the vegetable molecule, again unite, energy is liberated. This storage of energy during the building up processes (anabolism) resembles the accumulation of energy in the wound spring and its liberation while unwinding.

On the other hand, accumulation of sun energy takes place in the plant through the combination of carbon with nitrogen and hydrogen. These elements strongly oppose union, but sun energy binds them together. This opposition between nitrogen and carbon is so great that artificially it can be overcome only in the highest known temperatures created in the electric light arc. (Just as it takes a great deal of heat to weld together two pieces of steel.—Editor.)

From these facts in nature the German author draws the following conclusions which are shared by scientists who defend the materialistic and mechanistic philosophy of life and also by extreme vegetarians who ad-

vocate a strictly raw food diet, even to the exclusion of the dairy products.

They justify this on the ground that all vital energy in the animal and human kingdoms are derived from sun energy stored in the products of the vegetable kingdom, that human beings, by eating animal food, therefore consume vital energy in second-hand and deteriorated form, to which no measurable additions of vital energy are added in the animal and human kingdoms. The author further states these conclusions:

Thus we see how streams of energy, which the sun sends to our earth, are transmuted into chemical energy; then food is sun energy, and living beings are indeed children of the sun.

In the vegetable kingdom only, the springs are wound which drive the mechanism of life. Vegetarians derive their energy direct from nature, while meat eaters obtain energy indirectly and in a weakened form.

Having studied the transmutation of sun energy into vegetable substance, we understand the meaning of the sentence, "Therefore, in plants we eat sun energy." without hesitancy we may add to this that in flesh food also we eat sun energy, for the animal body builds itself from vegetable food without measurable additions of new forms of energy.

This reasoning may seem plausible from the mechanistic point of view, and has served well the advocates of a strictly vegetarian diet, but unfortunately for the learned author, and for his ultra-vegetarian friends, his arguments are based on false premises and therefore are untenable.

The fallacy of his reasoning is due to the fact that the energies at work in the vegetable kingdom are not by any means the highest expression of life force on this planet.

On the contrary, the vital energies animating our

planetary system, as already explained, manifest in four ascending ranges of vibratory activity. This explains why there is a quality of energy in animal food which cannot be derived from vegetable food, and this something is the animal life principle, animal magnetism, or spiritual life element; in other words, a higher and more refined range of vibratory activity than that animating the lower kingdoms.

The more powerful the vital energy which builds, the more potent the latent dynamic or potential force of the product. Coal, though classed among the minerals, possesses infinitely greater heat and energy producing qualities than other minerals because originally its materials were elaborated under the vibratory influence of the vegetable life element, or vitamine. The latter element ranges much higher in the scale of vibratory activities than the electro-magnetic life element which controls and elaborates the simple compounds and crystals of the mineral kingdom. The animal cell, being synthesized under the operation of the animal life element, is alive with still higher potencies of vital force than those in the vegetable cell.

The ascending life elements, or progressive manifestations of vital force, resemble the power of steam at different degrees of tension. Steam at eighty pounds pressure performs work which it could not accomplish at twenty pounds pressure. In similar manner each higher expression of vital force exhibits energies more powerful, and products of greater refinement and complexity than the lower one. The higher the tension of steam, the greater its capacity to perform work. The higher the vibratory tension of the life element, the more potent, complex and refined its manifestations

and products. In every higher kingdom of nature molecules become more complex, more refined and possessed of greater potential energy, because the building of atoms into molecules involves the absorption of the energy which does the building. This is illustrated in the formation of ice.

The cold which solidifies the molecules of water is absorbed by and becomes latent in the icy crystals which it builds. When the particles of ice disintegrate under the influence of heat, cold is liberated. In similar manner the heat which gives warmth and comfort to our homes is sun warmth which was absorbed in the formation of vegetable cells in the growing plants and trees of primeval forests, or in the carboniferous matter of annular canopies.*

Though these are the facts, it does not follow that we advocate a meat diet. We resort to flesh foods only as a temporary expedient in cases of extreme physical and mental negativity, in order to build up the positive animal qualities which had become greatly depleted.

But, for reasons brought forth in this chapter, we do advocate a liberal use of the dairy products in the daily dietary. In these food products of the live animal we partake of the kinetic energy of the animal life element without consuming the poisonous waste matter of the animal carcass.

What we commonly call animal magnetism is the animal life element which permeates and animates the animal kingdom. This subtle and potent force, which is not yet present in the products of the vegetable kingdom, is contained in the purest and most available

*This new interpretation of evolutionary development on this and other planets will be found in another series of articles published in *The Lindlahr Magazine*.

form, unimpaired by cooking, in the dairy products, in eggs and honey.

While we have discussed the functions of the life elements or vitamins, little has been said about their origin or true nature. In the following chapter we shall endeavor to throw some light on this aspect of the problem.

CHAPTER XI

WHAT ARE THE LIFE ELEMENTS?

There are two prevalent but widely differing conceptions of the nature of *Life* or *Vital Force*—the **material** or mechanistic, and the **vital**.

The material conception looks upon life or vital force with all its physical, mental and psychical phenomena as manifestations of the electro-magnetic and chemical activities of the physical-material elements composing living organisms. From this point of view, life is a sort of spontaneous combustion, or as one scientist has expressed it, a "succession of fermentations." A well known physician in one of his lectures recently made the following statement:

"Every life expression, be it physical, mental, moral, or the so-called spiritual, is a result of chemical action. Even the life force or vital energy has its origin in chemical activities and nothing else."

According to this conception the brain oozes thoughts and feelings like the liver secretes bile or the stomach digestive ferments.

However, this materialistic conception of life has already become obsolete among the more advanced biologists as a result of the wonderful discoveries of modern science, which are fast bridging the chasm between the material and the spiritual realms of being. But medical science, as taught in the regular schools, is still dominated by the old, crude, mechanical conception of vital force; and this, as we shall see, accounts for some of its gravest errors of theory and practice.

The **vital** conception regards life as the primary force of all forces coming from the great central Source of all intelligence and creative power. This force, which permeates, heats and animates the entire created universe, is the expression of the "divine will," the "Logos," the "word" of the Great Creative Intelligence. Our sun is one of the millions of power stations for the distribution of this divine energy which sets in motion the whirls in the ether, the electric corpuscles and ions that make up the different atoms and elements of matter.

These corpuscles and ions of which the atoms are composed are positive and negative particles of electricity. Electricity is a form of energy. It is intelligent energy; otherwise it could not move with that same wonderful precision in the electrons of the atoms as in the suns and planets of the sidereal universe.

This intelligent energy can have but one source—the one and only Source of all life, intelligence and creative will in this universe. **If this Supreme Intelligence should withdraw its energy, then the electrons and ions (electrical charges), and with them the atoms and elements—the entire universe—would disappear in the flash of a moment.**

From this it appears that crude matter, instead of being the source of life and of all its complicated mental and psychical phenomena (which assumption, on the face of it, is absurd), is but an expression of the Life Force, itself a manifestation of the Great Creative Intelligence which some call God, others Nature, the Oversoul, Brahma, Prana, the Great Spirit, and so forth, each according to his best understanding.

It is this Supreme Intelligence and power, acting in and through every atom, molecule and cell in the human

body, which is **the true healer**, the *vis medicatrix naturae*, which always endeavors to repair, to heal, and to restore the perfect type. All that the physician can do is to remove obstructions and establish normal conditions within and around the patient, so that the healer within can do his work to the best advantage.

This life force is the primary source of all energy—that from which all other kinds and forms of energy are derived. It is as independent of the body and of food and drink as the electric current is independent of the glass bulb and the carbon thread through which it manifests as heat and light. The breaking of the incandescent bulb, though it extinguishes the light, does not in any way diminish the amount of electricity back of it.

In similar manner if the physical body “falls dead,” as we call it, the vital energy keeps on acting with undiminished force through the spiritual-material body, which is an exact duplicate of the physical body, but whose material atoms and molecules are infinitely more refined, and vibrate at infinitely greater velocities than those of the physical-material body. This is not merely a matter of faith or of speculative reasoning, but a demonstrated fact of natural science.

When Saint Paul said (1 Corinthians 15:44): “There is a natural (physical) body, and there is a spiritual body,” he stated an actual fact in nature. Indeed, it would be impossible to conceive of the survival of the individuality after death without a material body to serve as the vehicle for consciousness, memory and the reasoning faculties, and as an instrument for physical functions.

Therefore if survival of the individuality after death be a fact in nature, and if the achievement of immor-

talities be a possibility, a spiritual-material body is a necessity.

Sir Oliver Lodge says that the substance of the spiritual body is ether. This is unthinkable. The ether is impalpable and omnipresent. It is, as far as science now knows, the primordial universal element which permeates and enters into the composition of all matter. But ether alone cannot and does not constitute matter. The atoms of the various elements are made up of negative electrical charges, or electrons, vibrating around positive centers, tearing with them the ether like the force of the eddy tears along with it the water. This is true of spiritual matter as well as of physical matter. The only difference between the two is that the atoms and molecules of spiritual matter are infinitely more refined and vibrate at higher velocities than the atoms of physical matter.

The sensory organs of the spiritual body are attuned to these higher and finer vibrations. Therefore is spiritual matter to spiritual sight and touch just as real and substantial as physical matter is to our physical sensory organs.

From the foregoing statements we learn that modern science verifies the wisdom of Pythagoras, who taught twenty-five hundred years ago that all matter was made up of three elements—substance, motion and numbers. According to modern science, the “substance” of Pythagoras corresponds to the universal ether, “motion” to electricity and “numbers” to the number of electrons vibrating in the atom and to the number of atoms in the molecule.

Those who deny the existence of matter and of material bodies are also mistaken. Matter is as necessary to Being as soul. Soul, the individualized spark of cosmic,

creative intelligence—the entelechy of Plato, the “thing in itself” of Kant—cannot manifest in palpable, visible form, except in and through matter. Matter forms the material clothing of physical, astral, spiritual and celestial bodies, and these are instruments for the manifestation of life and its vital phenomena. Matter is just as real in the astral, spiritual, celestial and inter-planetary worlds as on this earth plane.

As a matter of fact, we are here and now in the spiritual world as much as we ever will be, though matter on this plane is coarser and slower in vibration than in higher spheres of spiritual life. Without its clothing of physical or spiritual-material bodies, soul could not manifest to other souls nor produce or experience an infinitude of material activities and phenomena. Universal or Cosmic Intelligence, the great father soul of all souls, creates individual centers of creative intelligence by incarnating in mineral, vegetable, animal and human bodies. Thus the word, or Fiat, of Creative Intelligence takes on the flesh of matter.

CHAPTER XII

RELATIONSHIP OF MINERAL SALTS TO VITAMINES

In the first volume of the *Nature Cure Magazine* (1907-1908) we stated repeatedly that the mineral salts were the carriers and conductors of the electro-magnetic energies in vegetable, animal and human bodies, while the negative elements of starches, sugars, fats and proteins were poor conductors. We predicted that one of the next important discoveries of orthodox science would be that the mineral elements are the carriers and conductors of vitamins. This prediction seems to be confirmed now by the researches of Dr. Funk and other investigators of vitamins. These scientists claim that they have separated the vitamins and that they appear in the form of tiny crystals. Since minerals assume the crystalline form, it must be mineral elements that bind and conduct the electro-magnetic (and vito-chemical energies) in living bodies. This theory is further confirmed by the fact that the mineral elements, as well as the vitamins, are found in greatest abundance in the outer dark layers and coverings of cereals and rice and in the rinds of fruits and vegetables. This further justifies the preference of the advocates of natural diet for **whole grain products**, while the medical profession has always ridiculed the idea and claimed that graham and whole grain bread were unwholesome, too coarse for the digestive organs and not fit to eat.

Woods-Hutchinson, one of the orthodox "authori-

ties" on dietetics, in his popular articles in newspapers and magazines has for many years denounced whole grain bread as "poison bread." During the late war, while the government forced the stay-at-home public to live on all sorts of combinations of more or less whole grain cereal foods, the soldiers in the camps and trenches, who needed the vitamins even more than did the civilians, were fed on white flour products.

It is interesting to note that the discoverers of the vitamins have verified practically all the claims of Natural Dietetics as to the superior value of raw food over cooked food. Casimir Funk and others report that experiments with various foods on animals languishing and dying from lack of mineral salts and vitamins have shown the following results:

Fresh vegetables exhibit greater vitamin activity than any other class of foods. It is lowered by cooking and partly lost by drying. Dried dandelions were found to be inactive, while dried cabbage retained considerable vitamin activity. **Lemon, orange** and other **citrous fruits** retain the life element even when cooked. This confirms the high estimate we have placed on fruits and vegetables as purifying, antiseptic, tonic and blood building foods.

Milk is highly charged with vitamins but cooking destroys them. Even pasteurization or sterilization diminishes them considerably. Condensed milk has lost vitamin A entirely and retains only small amounts of B and C (see page 448). Cow's milk contains more of the life elements in summer than in winter, and more when the animals are kept on good pasture than when fed on fodder.

Potatoes, carrots and **other roots** are rich in vitamins B and C and partially retain them after cooking.

This is the reason why scurvy, which at one time was almost universal in European countries, disappeared after the introduction of potatoes from America.

The best and quickest cure for rickets consists in a diet of fresh fruits and leafy vegetables and nuts.

In **cereals** the mineral salts and vitamins are contained chiefly in the pericarps and germs.

Thus, orthodox science confirms, one after another, the claims and teachings of Nature Cure philosophy and practice, which formerly were either ignored or denounced as vaporings of ignorant tyros and fanatics.

Ever since we began to lecture and write on Natural Dietetics we claimed that the leafy, juicy vegetables were richer in mineral elements, and therefore also in the life elements, than fruits; that the germ and pericarp of cereals contained the mineral elements and life elements; that potatoes were more wholesome than cereals because they contained considerably less starch and protein and much more mineral matter than the former; that the boiling, and even pasteurization, of milk kills more or less completely the life elements in milk and thus lowers its nutritive properties.

Alfred McCann in his recent work, *The Famishing World*, makes the following statements:

“Prior to 1912 (that is before the publication of his first book) the only thing the public ever heard of in connection with a description of food was the academic division made by dietitians. This division consisted of three groups—carbohydrates, proteins and fats. There was another division to which some of them, on rare occasions, slurringly referred. They called this fourth division ‘ash.’

“The division of ash was always exasperatingly ignored and apparently had little if any meaning for dietitians and was not considered by them as significant or important.”

This misstatement can scarcely be an oversight, because all through the book are passages which sound like quotations from the *Nature Cure Magazine*, and from *The Folly of Meat Eating* by Otto Carqué.

The *Nature Cure Magazine* was published by us from 1907 to 1910 and, as previously stated, contained in every monthly issue articles discussing the importance of the mineral elements and life elements (vitamines) in relation to food values.

Julius Hensel, Schuessler, Dr. Lahmann and many other pioneers in the Nature Cure movement had taught, as long as forty years ago, practically all that McCann presents in his books, but they were not aware of the existence of life elements or vitamins, of microzyma and their enzymes and ferments described in the books of the Library of Natural Therapeutics.

We have no desire to detract from the great service Mr. McCann has rendered to mankind by spreading this knowledge. We call attention to the facts for the sake of historical verity and accuracy.

Microzyma and Their Relationship to the Vito-Chemical Life Element

There is still another aspect of the vitamine problem which is not yet generally known. In Volume I of the *Natural Therapeutic* series we have outlined Professor Béchamp's discoveries, according to which the cell is not the smallest single unit of life. This great scientist taught that the cell is made up of minute living beings—microzyma, or minute ferment bodies. According to his theory, the microzyma are the primary units of life. The chromatin or chromosome of the cells and the fibrin of the blood consist of these infinitesimally mi-

nute living bodies, and their secretions are the enzymes and ferments on which depend the multitudinous processes of metabolism in living matter.

The **vito-chemical** life element manifests in and works through these primal architects of life and their vital secretions. The microzyma in the cells and tissues of raw vegetables or raw animal foods secrete the enzymes or ferments which make possible the digestion of these foods; but the microzyma and their digestive ferments are killed by overheating, boiling or roasting. Thus the food is made less digestible by cooking and the work of the digestive organs is greatly increased thereby.

Raw Food Diet, Pro and Con

The difference between raw and cooked foods is the same as that between live and dead bodies. A cooked apple planted in ever so nutritious soil will not give birth to an apple tree. Its life and sex elements have been destroyed by overheating; thus also some of its finest food values have been dissipated. Raw food contains its own digestive ferments, while in the cooked food these ferments have been killed in proportion to the more or less prolonged exposure to excessive heat.

The "discoverers" of the vitamins tell us that minute quantities, almost homeopathic doses, of these life elements are sufficient to cure animals languishing in the last stages of beriberi and similar diseases, and that the acid and subacid fruits and leafy, juicy vegetables are richer than any other foods in these life sustaining substances. This explains why it is not necessary to exclude cooked foods from the diet altogether. The vitamins and microzyma of raw foods will assist in the digestion and assimilation of a con-

siderable amount of cooked food. In other words, it is sufficient if a fair proportion, say one-half, of a meal consists of raw food and the other half of cooked food. However, these revelations concerning vitamins and microzyma make it clear that, on the whole, the nearer we come to raw food diet, the better it will be for the creation and maintenance of physical and mental health and vigor.

The knowledge so far gained about the true nature of the life elements or vitamins will enable us to expose another fallacy of orthodox food chemistry and dietetics, namely, the fallacy of the calory.

CHAPTER XIII

THE FALLACY OF THE CALORY

In the domain of orthodox food chemistry and dietetics the calory reigns supreme. In colleges, hospitals and sanitariums practically the only criterion of food values is the calory. The inflated reputation of this problematical individual rests on the assumption that all animal heat and energy is derived from the combustion of certain food materials.

Hoover, the official in charge of the government food administration during the World War, and his assistants were completely under the domination of the calory. In their estimates of food values they considered only the heat producing capacity of foods; the all-important mineral elements and vitamins they ignored entirely. In the largest sanitariums in this country, and in many restaurants where the ambition is to be up-to-date in matters of food valuation, the menus indicate in calories the heat producing capacities of the various foods. The accompanying instructions run somewhat as follows: "Your body produces daily a certain amount of animal heat and working energy, and this must be supplied by the food you eat and drink. Your physician will tell you how many food calories or heat producing food units you need per day. Select and combine your foods according to their calory values in such a way as to provide the necessary fuel materials." The mineral elements are not even mentioned on these menus.

According to the calory theory, meat, eggs, gluten, starch, fats, oils, cornstarch, glucose and white sugar rank highest as heat producing foodstuffs, while fruits, berries, leafy vegetables and the hulls of grains are so much waste, good only for creating acidosis, indigestion and flatulency, and for increasing the already extravagantly high cost of living.

Since this may sound like exaggeration, we will say that we had occasion lately to examine the diet prescriptions for two diabetic cases, given by physicians in one of the largest sanitariums in this country. They read as follows: "Meat permissible once or twice a day, eggs also; forty per cent gluten bread and butter; no acid or subacid fruits; vegetables must be boiled and strained twice or three times before serving."

Such a diet has one certain result—it kills the patient. Diabetes is caused or aggravated by excessive acidity, and all the foods in this prescription are made up of nothing but acid producing elements.

The soldiers and sailors on the German raider *Crown Prince Wilhelm*, which surrendered in 1917 to the United States authorities in Norfolk harbor, had been living for two hundred and fifty-five days on the richest of high calory foods, with the result that the crew became disabled and the commander was compelled to surrender to a neutral power. When the cruiser steamed into Norfolk harbor many of the crew had found watery graves, one hundred and six were ill in their bunks and another large number were on the verge of breakdown. The ailment from which they suffered was similar to beriberi or pellagra. Prominent symptoms were emaciation, loss of strength, neuritic pains, dropsical swellings and nervous breakdown. When, following the suggestions of Alfred McCann, these men were fed

on fluid extracts of bran and potato peelings, on fruits and fresh leafy vegetables, they began to improve immediately and every one of them made rapid and complete recovery.

Here is the explanation: The raider, before sinking captured vessels would relieve them of abundant stores of fresh meats, white flour, potatoes, granulated sugar, salted and smoked meats, condensed milk, breakfast foods, crackers and cookies; but raw cereals such as wheat, corn and barley were sunk with the rest of the cargo. Had the crew taken and eaten the whole grain cereals, and the potatoes with their skins, instead of the meats and devitalized and demineralized white flour products, polished rice and white sugar, they would have remained in good health.

During the last few years hundreds of experiments carried on by scientists all over the world have proved invariably that animals fed on white flour, polished rice, pearled barley, pure starch, proteins, fats or refined sugar develop diseases similar to beriberi, pellagra, scurvy, rachitis, anemia, decay of teeth and pyorrhea. The test animals become emaciated, lose strength rapidly and die within two or three months. But they can be cured easily enough, even when near dying. Minute quantities of the polishings of rice, or the bran of cereals, or fresh fruits and vegetables, will revive and restore them to health. In all such experiments the high calory foods are found to be poison foods, while the despised low calory fruits and vegetables and the polishings and bran of rice and cereals are the natural remedies and life savers.

The meals served to the crew on the German raider were made up of the following foods:

Breakfast: cheese, oatmeal, condensed milk, sau-

sage, fried potatoes, corned beef, smoked ham, fried beef, beef stew, white bread, cookies, butter (oleo), coffee, white sugar.

Dinner: pea soup, potato soup, beef soup, lentil soup, roast beef, fried steak, pot roast, salt fish, potatoes, canned vegetables, white bread, soda crackers, cookies, butter (oleo), coffee, condensed milk, white sugar.

Supper: cold roast beef, fried steak, corned beef hash, beef stew, potatoes, white bread, sweet cookies, butter (oleo), coffee, condensed milk, white sugar.

The average working man would say, "These are the kinds of food that I need; I am working hard and need nourishing food like that to keep up my strength. Fruits and vegetables may be good enough for sick people and idlers, but meat, eggs, potatoes, bread and butter are the foods for me." Yet these rich and nourishing foods came very near killing the entire crew of the raider ship.

Why did not the fresh meat, of which they had an abundance, sustain the crew in good health? In animal bodies the heat producing elements, the proteins and fats, are located in the fleshy tissues, while the mineral elements, the carriers of the vitamins and neutralizers of systemic poisons, are present in the bony structures and in the blood; but these are discarded as waste. To be consistent meat eaters we should, like the carnivorous animals, devour the blood and crunch the bones in order to absorb with the meat a sufficient amount of minerals. Meat carefully drained of blood is excessively rich in protein matter but very deficient in mineral salts. The poisonous wastes of the animal carcass are all consumed, while the mineral salts are wasted and the minute quantities of vitamins in flesh foods are effectively killed and dissipated by the boiling,

roasting and spicing necessary to overcome the unpleasant taste of raw meat.

Ham, bacon, sausage, corned beef and other salted and smoked meats rank very high in caloric value. Why did not these keep the famishing sailors alive? Because they are more lifeless than fresh meat. The salt brine leeches the minerals and vitamins out of the meat and the organic minerals are replaced by the inorganic mineral salt of the brine. It is thoroughly demineralized and devitalized food.

What about the cereal food? The men had plenty of white bread—"the staff of life"—cookies and crackers, all high calory foods. In cereals the mineral salts and with them the vitamins are located in the pericarps or husks and in the outermost dark layer of the kernel, also in the germ which contains the sex element of the grain and which is charged more than any other part of the kernel with enzymes, ferments and vitamins. As the seed decomposes in the soil under the action of warmth and moisture, the diastase changes the starch into sugar and the peptase changes the protose into peptones and proteose. As the white of the egg and the yolk serve as food for the growing chick, so the sugar and peptones, elaborated by the ferments in the kernel of grain, decomposing in the soil, serve as food for the rootlets and the young stalk.

The refining process in the modern roller mill, in order to produce the "beautiful" snow white flour robs the grain of the hull and germ with their mineral matter, vitamins, enzymes and ferments. These most valuable constituents of the grain are thrown into the bran, shorts and middlings, and the public consumes the residue, which will kill chickens, pigeons and other test animals in two or three months' time. Polished

rice, pearled barley and decorticated corn products, deprived of the pericarps and germs, have the same effect as white flour. They are denatured foods, incapable of sustaining life and health.

White or Denatured Sugar. Sugar sap, as it comes from the cane or beet or from the maple tree, is one of the finest and most perfectly balanced of nature's food products. The sugars in these liquids are chemically blended with proteids and the most valuable mineral salts.

While passing through the modern refinery the sugar molecules are separated from the proteids and mineral salts. The more nearly the finished product comes to being chemically pure sugar, the more highly it is valued commercially. The sugar itself, however, has been reduced to an inorganic mineral condition, which is revealed by its perfect crystallization. Live colloid substances do not crystallize; they are amorphous (formless). The valuable organic mineral elements, ferments and vitamins found in the sap have been destroyed and eliminated by treatment with heat and chemical poisons; what is left is dead, inorganic matter.

The pure sugar molecules, composed of negative elements (COH) only, by the law of chemical attraction leech the mineral elements, particularly iron, sodium, calcium (lime) and potassium, from the fleshy tissues and bony structure of the body, thus producing rachitis, scurvy, beriberi, pellagra, anemia, decay of the teeth, pyorrhea, and what is commonly known as hemophilia, or a tendency to bleeding.

White sugar is infinitely more injurious than white flour. White flour and other denatured cereals are produced by soaking, brushing, pearling, scouring and degerminating, which removes most of the vitamins by

mechanical processes, but does not kill the life elements that remain in the finished product. The heat and chemical processes employed in the sugar refinery kill the vitamins and separate the mineral elements, proteid and other substances from the sap, leaving nothing but the pure sugar crystals robbed of mineral elements and the life sustaining vitamins.

During the Civil War, in certain sections of the South which were suffering from great scarcity of foodstuffs, negroes were forced to live for long periods on practically nothing but the juices of the sugar cane. It was found that, notwithstanding this one-sided diet, they maintained perfect health and full working capacity. On the other hand, it has been proved that animals fed on refined sugar, white flour or polished rice only, die more quickly than other animals which receive no food at all.

It is the general substitution of refined sugar and decorticated corn products for the old-fashioned cane syrup and home ground meal which explains, to a large extent, the steady increase in pellagra, rachitis, anemia and tuberculosis in portions of our population which subsist largely on such demineralized and devitalized foods. The prevalence of hemophilia among the women of the wealthier classes of the South is undoubtedly due to similar influences. For generations they have lived on flesh foods, denatured cereals, refined sugar, adulterated candies, ice cream and rich pastries.

These devitalized and adulterated foods have robbed their blood of the mineral elements which impart textile strength and stamina to the fleshy tissues; consequently they have become so weakened that they cannot retain the blood. It streams forth on the slightest provocation, causing profuse and prolonged menstua-

tion, dangerous nosebleeds and excessive hemorrhages from insignificant wounds.

Honey is one of the finest sugars in nature. It is not generally known that it is animated, not only by the electro-magnetic and vito-chemical life elements, but also by the animal life element which it absorbs from the body of the bee.

Condensed Milk. Milk is nature's perfect standard food. There was plenty of condensed milk in the store rooms of the raider. Why did it not avert the dread beriberi? The condensing process, conducted at high temperature, most effectually kills most of the vitamins and precipitates the mineral elements, reducing them to inorganic form.

The same thing is true in the preparation of the canned vegetables. In the canning process vegetables are subjected to steaming at excessive temperatures. This leeches the minerals, reduces them to inorganic form and kills the vitamins. McCann says in his report that what little the raider captured of fresh fruits and vegetables went mostly to the officers' table. The best part of the food supply was potatoes, but these were robbed of most of their minerals and vitamins by the peeling and boiling. If the sailors had eaten the peeling of the boiled and baked potatoes, or soups made from them, these might have averted the disease in many instances.

Why is it that the long continued agitation of the Nature Cure people has not succeeded in bringing about more extensive production and consumption of whole grain cereal products and of natural unrefined sugars? The reason is that millers and sugar refiners have strenuously and systematically opposed the introduction of more sensible and rational processes. Why

should these people uphold the continuances of practices which yearly demand more victims in death, or chronic invalidism than a bloody war? Is it because the dollar is valued more highly than the health and lives of our children and of our adult population? Day by day science traces anemia, rachitis, tuberculosis, scurvy, beriberi, pellagra, rheumatism and all other chronic diseases more directly to the consumption of denaturalized, demineralized and devitalized food products. Still, in spite of all protests, the murder of the innocents continues without abatement. Every journal published by millers and sugar refiners ridicules the "crazy ideas" of food reformers, and uses its powerful influence in high places to defeat any legislative measures or government regulations which might interfere with their nefarious practices. Where the saloon killed its hundreds, the roller mill and sugar refinery kill their thousands and hundreds of thousands.

The day is fast approaching when these facts will be recognized and the public will be protected against these insidious enemies starving and killing their victims from behind the ambush of commercial greed and expediency, of public indifference, and scientific incompetency and venality.

The question may be asked, "Why are the millers and refiners interested in upholding the manufacture of denatured products?" The answer is this: because they would have to scrap their present costly apparatus constructed for the manufacture of devitalized foods, and replace it with new machinery; because their present ways of selling and distributing would have to be revolutionized and superseded by new methods; and chiefly, because the natural food products containing the native enzymes, ferments and vitamins would not

keep indefinitely in the warehouses and on the shelves of the grocery, as do the devitalized white flour, polished rice and white sugar. The vitamins and their live ferments cause fermentation and decomposition, and this increases the risk of deterioration, necessitates quick replacement and increases the cost of handling. This cost, however, would be offset to a considerable extent by simpler and cheaper machinery and manufacturing processes.

The importance of the problem becomes apparent when we consider that the enzymes, ferments and life elements which cause fermentation and decomposition in the whole meal and natural sugar assist in the digestion of these foods in the human body and greatly increase their health and life sustaining qualities. Whole grain meal needs but little yeast to lighten it. Its native diastase and peptase predigest much of the starch and protein constituents, thus facilitating digestion and assimilation. Whole grain meal produced from cereals, rice or legumes, and natural sugar as it comes in fruits, honey and in the sap of the maple, cane and beet, though they are not perfect food combinations in and of themselves, will sustain life and health indefinitely; while denatured and devitalized cereal products and refined sugars are not only incapable of sustaining life and health, but actually rob us of these most valuable possessions.

CHAPTER XIV

VITAMINES OR LIFE ELEMENTS

Names of Vitamines	Diseases resulting from deficiency of Vitamines	Foods containing Vitamines
Fat Soluble A	Keratomalacia (Eye disease) Stunted growth of young animals and humans Rickets, or rachitis Emaciation, weakness, death	Cream, butter, yolk of egg, cod-liver oil, fat sea-fish; grasses and green leafy vegetables in the order named—spinach, lettuce, tomatoes, cabbage, carrots, sweet potatoes, yellow corn, young peas. In meat, only in negligible quantities.
Water Soluble B	Stunted growth, as above Emaciation, weakness, death Beriberi, Polyneuritis Pellagra Rickets, or rachitis Bacteria and parasites Atrophy of testicles and ovaries. Impotency Anemia Loss of appetite	Skimmed milk, not in cream; nuts; green, leafy vegetables; acid and subacid fruits; in sweet alkaline fruits; abundant in the germ and pericarp of cereals and legumes; in yeast; small quantities in heart, kidneys, liver, brain, negligible in muscular flesh of animals.
Water Soluble C	Rickets, or rachitis Decay of teeth—pyorrhea Scurvy Bacteria and parasites Anemia Loss of appetite	Green, leafy vegetables; acid and subacid fruits, in the germ and pericarp of cereals and legumes; alkaline fruits as under vitamine B; and in skimmed milk; not in fats, meat or eggs.

A Summary of Scientific Discoveries Concerning Vitamines

In this chapter we shall describe and explain the results of the latest scientific researches pertaining to the subject of *vitamines*, and as we proceed the reader may compare these findings of up-to-date scientific research with the teachings of Natural Dietetics as presented in these and former writings. The similarity, and in most instances, identity of conclusions arrived at will be quite apparent.

In his studies of the subject from orthodox sources the author has consulted the writings of C. Eijkman; H. Fraser and A. T. Stanton; C. Funk; T. B. Osborn and L. B. Mendel; F. G. Hopkins; E. V. McCollum and M. Davis; E. V. McCollum and N. Simmonds; R. H. Chittenden and E. P. Underhill.

The diagram on page 451 gives in condensed form the results of vitamine research. Column one gives the names of the three vitamines so far discovered and described; column two, the diseases resulting from deficiencies of these vitamines in the foods of animals and man; column three classifies foods according to their vitamine contents.

As already explained the *life elements* of Natural Dietetics are the newly discovered *vitamines*. When these "impurities" are removed, protein, carbohydrates, fat and sugar, according to allopathic science "the most nourishing of foods" are not only unfit to keep the body in healthy condition but produce emaciation, disease and death.

Orthodox science so far has discovered and described three of these vitamines:

1. Fat Soluble A.

2. Water Soluble B.

3. Water Soluble C.

“McCollum and Davis in 1912, employing a ration composed of purified casein (protein), dextrin, lactose, fat and a suitable mixture of inorganic salts, (obtained from milk) found that no growth could be obtained in young rats when lard, olive oil, or purified casein was used as the source of fat, whereas growth took place when the fat of the diet was supplied in the form of fresh butter fat, or egg yolk fat. It was therefore demonstrated that there was something associated with the latter fats which had not been recognized hitherto and which was essential to the animal as a constituent of its food.”

Fat Soluble A Vitamine

This “something” associated with cream, butter fat or egg yolk has been named *Fat Soluble A Vitamine*. Vitamine A corresponds to what we called in our early writings *animal magnetism* or *the animal life element*. The importance of the dairy products in natural diet we have always emphasized in our writings and lectures—as for instance on page 11, March, 1908, *Nature Cure Magazine*.

Simon pure vegeterians who exclude even the dairy products and eggs from their dietary, overlook the fact that there is something in animal food which they cannot derive from vegetable food, and that this something is the animal life principle—animal magnetism, or, expressing it in other words, a higher and more refined rate or vibratory activity than is inherent in any of the lower kingdoms.

A rational vegetarian diet properly combined, consisting of dairy products, the positive vegetables and fruits with just enough of starchy and protein foods to supply the needs of the body for tissue building and fuel material, will be found to be an ideal diet for human beings, fully sufficient to keep them in health and strength under the most trying circumstances.

Deficiency of Fat Soluble A causes a peculiar disease of the eyes quite frequent among the starving children in Central Europe and Russia. The name of this eye disease is xerophthalmia or keratomalacia. Lack of vitamine A retards or checks entirely the growth of new born and growing animals or humans and is accompanied by rapid emaciation. It is also supposed to be associated with rickets or rachitis but this point is still disputed among scientific investigators. Hess and Unger of New York are positive in their belief that absence of Fat Soluble A is not the cause of rickets. They found that rickets may develop in children on a diet rich in milk and cream and not on a diet of thoroughly skimmed milk, orange juice for Water Soluble C, yeast for Water Soluble B, cottonseed oil and cream of wheat for fat and protein.

Fat Soluble A is found in greatest abundance in the cream of fresh unpasteurized milk and in butter fat. The quantity of vitamine A in milk depends upon the feed of the cow. It increases when the animal is fed on green pasture and decreases in winter when fed on hay, roots, tubers and more so when much of the food consists of the devitalized and demineralized slops and refuse of breweries, distilleries and the kitchen.

Other foods rich in Fat Soluble A are the yolk of egg, cod-liver oil and sea-fish. On page 12, January 1908 issue of the *Nature Cure Magazine* we stated that sea fish living in water saturated with the positive mineral salts of lime, potassium, magnesium, iron, sodium chlorid, and so forth are richer in mineral elements and therefore more positive (as to animal magnetism) than fresh water fish. Sea fish contain over forty parts per thousand in mineral matter while fresh water fish contain only about eighteen parts per thousand.

In this connection we further said: The fact that the flesh of wild animals is much richer in organic salts than that of domestic animals is easily explained when we consider that wild animals live on nutritious, uncultivated grasses, rich in mineral salts, while domestic animals are raised and fattened only too often on devitalized and demineralized distillery, brewery and kitchen slops and other devitalized food materials deprived of their mineral elements. This and the fact that many cultivated pastures and fields in course of time become deprived of their mineral constituents explains why cattle and horses crave salt. This craving is often cited by anti-vegetarians as proof that inorganic mineral salt is a natural food for animal and man.

When our farmers learn to follow the advice of the great Naturist, Julius Hensel, and fertilize their fields and meadows with pulverized rocks and minerals as well as with nitrogenous waste of animal and human bodies, so that the products of the soil contain a normal amount of mineral constituents, then will animals and men display less craving for inorganic salt.

We also claimed that the mineral salts were the carriers of the vitamins. This explains why it is now found that cod-liver oil and fat sea fish are exceptionally rich in Fat Soluble B.

While the oleo-oil of the animal carcass and oleo-margarin prepared from it contain a fair amount of vitamine A, it is not present in other (white) animal fats. Small amounts of it are found in pig's liver oil, liver, kidney, brain and heart tissues but not at all in the muscular flesh commonly used as food.

Miss Katherine Blunt says in her pamphlet: "Many vegetables furnish rich sources of it, (vitamine A) and their value is being more and more studied and appreciated. Dried spinach,

alfalfa, clover, timothy, and tomato promote growth of rats just as satisfactorily as an equal small quantity of butter fat, possibly they are even better. Cabbage is not so good; potato contains only a small quantity of this vitamine. Dried green vegetables when extracted with U. S. P. ether gave a green oil equal to about 3 percent of the dried plant, and as minute an amount as about a drop of this "spinach oil" fed daily restored normal growth in rats.

"It is not only leaves that contain the fat-soluble vitamine but storage organs of plants as well. Carrots, sweet potatoes, even yellow corn, though lower in A than spinach and alfalfa, all contain sufficient amounts for satisfactory growth. Peas also have a small quantity and possibly bananas.

"A very interesting generalization has been made by Steenbock about the foods which contain this vitamine; they all contain yellow coloring matter. Butter, egg yolks and cod-liver oil are obvious examples. Oleo-oil, the part of the beef fat which contains the vitamine, is yellow; the solid beef fat which lacks it is colorless. Of the commercial oleo-oils which he has tested, those most highly pigmented are richest in the fat soluble vitamine. Colored roots such as carrots and sweet potatoes have it, but sugar beets, mangels, dasheens, and Irish potatoes have little or none. It is probably present in orange juice but not in lemon or grape fruit. Spinach and grass of course, have yellow associated with their chlorophyll, and the yellow separated from the green is found rich in the vitamine. Steenbock and Boutwell made a deep green alcohol extract of alfalfa, saponified it with potassium hydroxid to decompose the chlorophyll and then extracted with ether, getting thus an orange-red extract which, on evaporation, furnished rats with a satisfactory source of A. . . . It appears reasonably safe, at least as a working hypothesis, to assume that the fat soluble vitamine is a yellow plant pigment or a closely related compound.

"Are fats or merely the fat soluble vitamine necessary in the diet?" Osborne and Mendel have made use of their dried alfalfa with its very high fat soluble vitamine and very low fat content to study the question of true fat requirement. They found that their young rats thrived on a diet of dried alfalfa, yeast, starch, meat residue, and salts,—that is, a diet almost free from true fats. If true fats are essential for nutrition during growth, the minimum necessary must be very small."

Stability of Fat Soluble A. Many investigators have found that heating milk or butter fat to the pasteurizing point, about 160 degrees Fahrenheit, destroys vitamine A. Heating to the boiling point has the same effect on cod-liver oil.

The foregoing "recent discoveries" confirm our claim in the early issues of the *Nature Cure Magazine* that pasteurization kills the animal magnetism or animal life element in milk and makes it unfit for baby food. At that time these utterances were condemned by physicians of the regular school as "the ignorant vaporings of a faker." The revelations of orthodox science concerning vitamins also confirm the teachings of Natural Dietetics as to the superiority of raw food over cooked food.

Water Soluble B Vitamine

The all important vitamine Water Soluble B is found almost entirely in plant foods. Deficiency of this vitamine B in the food of animals and man produces stunted growth, emaciation, weakness and eventually death in new born and growing animals in a similar manner as deficiency of Fat Soluble A.

The following quotation from *Present Status of Vitamines* positively proves our contention that bacteria and parasites are not the causes but rather the result of diseased conditions. Through all our writings runs the assertion that the micro-organisms of disease grow and multiply to the danger point only in a pathogenic (morbid, disease producing) soil; that a body endowed with pure blood and tissues, good vitality, perfect mechanical alignment and with constructive mental, emotional and moral attitude is practically immune to germ disease. The quotation runs as follows:

"Miscellaneous infections were frequent with McCarrison's pigeons (deprived of vitamine B). The whole body was liable

to be overcome by a rank growth of bacteria. There may be a similarity between this observation and the great increase in tuberculosis (in Central Europe) during the war."

The same observation, as to the development of bacterial diseases in animals deprived of vitamins B and C has been made by other investigators. Thus another one of the revolutionary truths proclaimed by Nature Cure philosophy stands verified by orthodox science.

Beriberi, pellagra and similar diseases are directly traceable to deficiency of this vitamin. Rickets or rachitis is caused by deficiency of Water Solubles B and C. Lack of vitamin B produces atrophy of testicles and ovaries and thereby sexual impotency in males, amenorrhea and sterility in females. This has been verified in many cases among the starving multitudes of Central Europe and Russia. Practically all forms of anemia including pernicious anemia are caused by deficiency of Water Solubles B and C.

Occurrence of Vitamin B in Foods. It is present in considerable quantities in skimmed milk but not in cream or butter. It is most abundant in green leafy vegetables, acid and subacid fruits, and not so much in sweet alkaline fruits such as apples, pears, peaches, plums and grapes. Nuts contain fair amounts. Large amounts are present in the germ and pericarp of cereals and legumes. Investigators claim that the germ is richer in vitamins B and C than the pericarp or outer tough covering. It is present in very small quantities in the tissues of heart, kidneys, liver, and brain but absent in the muscular flesh of animals commonly used for food.

Water Soluble C Vitamine

Deficiency of this vitamine as already stated creates and aggravates rickets or rachitic diseases characterized by softening and decay of the bony structures, all forms of anemia, decay of teeth and pyorrhea. Deficiency of vitamines B and C is responsible for scurvy or scorbutus; they are therefore called anti-scorbutic vitamines.

An editorial in the *Journal of the American Medical Association* states:

“Numerous recent distressing cases of infantile scurvy occurred, for instance in Prague in 1917 and 1918, when the much desired ‘raw’ milk was often of doubtful ‘rawness.’ Oranges had disappeared from the markets since early in the war and other fruits and most green vegetables were difficult to obtain.”

Fresh meat has so little anti-scorbutic value that the Royal Society states, that as much as two to four pounds daily are necessary if it is to be used as the chief preventive agent, and the tinned meat is completely valueless.

Dutcher, Pierson and Biester find practically none even in raw beef. Many experiments on animals show that under a diet deficient in Water Solubles B and C they develop decay of the teeth and a condition of the gums similar to pyorrhea. This confirms our contention in Volume II, *Practice of Natural Therapeutics*, Chapter XLIII, that decay of teeth and pyorrhea are caused largely by deficiency of the mineral elements and vitamines in the conventional dietary.

Water Soluble C is most abundant in the order named in: green vegetables, acid and subacid fruits, germ and pericarp of cereals, alkaline fruits, mentioned under Water Soluble B, and in skimmed milk. Both Water Soluble B and C are not present in fats, meat and eggs.

CHAPTER XV

HOW TO CHARGE FOODS WITH MINERAL ELEMENTS AND VITAMINES

It has been found that various samples of the same kind of fruit or vegetable gathered from different localities differ greatly as to amounts of mineral matter they contain.

For instance, a sample of potatoes raised in heavy prairie soil which has been cultivated for many years yielded only thirty parts of mineral matter per thousand of dry substance, while the same kind of potato raised on a rocky and sandy hillside yielded seventy parts of mineral matter per thousand.

Any two lots of fruits or vegetables outwardly may look much the same, but differ considerably in their mineral contents.

This variation depends upon the mineral content of the soil in which the fruit, vegetable or cereal is grown. Julius Hensel, one of the pioneers in the Nature Cure movement, was first to call attention to the fact that the products of garden and farm, as well as animal and human bodies, were starving from a deficiency of mineral matter.

He pointed out that in European countries for hundreds, in many places for thousands of years, the soil had been robbed of its mineral elements by intense cultivation and that they had never been restored by adequate mineral fertilization; that the ordinary fer-

tilizers—manure, guano, sewage, filth, and so forth—contain enough of the carbonaceous and nitrogenous substances, but only negligible amounts of the mineral and earthy elements.

In order to supply these to the soil he recommended the application of finely ground lava (Ur Gestein), lime and phosphate rocks.

In European countries where his advice has been followed by progressive, wide-awake agriculturists crops have been doubled and trebled in quantity, and so have the mineral contents of the products.

In our institutions for the healing of the sick we begin the treatment of patients by treating the soil of our gardens and farm lands with mineral fertilizers. In connection with our Elmhurst Health Resort we have been cultivating sufficient garden and farm land to furnish our institutions from spring to fall with vegetables grown on highly mineralized soil. For many seasons now we have saturated the land with wood ash, sifted coal ash, finely pulverized lime rock, pulverized phosphate rock, iron filings and with small quantities of ground rock salt.

Wood ash is to the soil what milk is to the human body. It contains all the minerals in the vegetable kingdom in concentrated form and in the right proportions. When any kind of vegetation is burned, all the negative carbonaceous and protein elements are dissipated, while the positive alkaline bases of iron, lime, sodium, potassium, magnesium, manganese, silicon, and also the earthy sulphates and phosphates, remain in the ash.

Sifted coal ash also is a good mineral fertilizer, though not as valuable as wood ash. Coal originally was vegetable matter which contained minerals in the

live organic form. Coal ash is rich in iron, sulphur and silicon.

Lime rock from Elmhurst quarries, specially pulverized for fertilizing purposes, contains about fifty per cent lime and four other valuable minerals.

The value of pulverized phosphate rock as a mineral fertilizer is now generally recognized by our agricultural stations. The addition of this fertilizer alone has, in many cases, doubled and trebled the crops from land that was supposed to be completely exhausted.

Iron filings decompose or rust in the soil and enter into chemical combinations suitable for assimilation by plant life.

Black loam soil that has a tendency to acidity can also stand a moderate amount of ground rock salt. Too much of it would burn the tender plant. We have applied to our garden land from two-hundred to three-hundred pounds per acre.

The effect of this continued, systematic, mineral fertilizing on the products of our gardens has been little short of marvelous. Every season our vegetable gardens excite the admiration of those who have the pleasure of seeing them.

During a period of four years we have grown over forty varieties of vegetables and, when the weather was seasonable, all of them with splendid results as regards quantity and quality. As a rule, in the average garden a few vegetables do well, while others fail to come up to expectations. The abundance and superior quality of vegetables and small fruits grown on mineralized soil must be due to the fact that each variety of plant life finds in such soil the mineral substances and vitamins it requires.

It has been found also that soil, in order to be produc-

tive, must be rich in vitamins. These are provided by manures and live, vegetable fertilizers in conjunction with mineral and earthy elements.

During the last few years we have been supplanting the putrefying animal manure with live green fertilizer in the form of winter vetch and rye sown on the fields in the fall as soon as the crops are removed. These grasses are very hardy and keep alive during the winter under the snow. In the early spring they grow very rapidly, and some of the growth may be used advantageously as a good milk producing food for the dairy cows. But the bulk of it should be plowed under. It makes the cleanest and richest all-around fertilizer, rich not only in carbonaceous and nitrogenous substances, but also in mineral elements and vitamins, provided the soil has previously been thoroughly mineralized. The roots of the winter vetch are covered with microorganisms which manufacture nitrogenous compounds highly valuable as plant food.

The vito-chemical life element in vegetables, fruits and grains grown on highly mineralized soil raises the minerals to the vegetable plane of life and elaborates them in the protoplasm of the vegetable cells and tissues into the live organic substances of the vegetable kingdom.

This vitalization of earthy and mineral elements depends upon the presence and activity of microzyma, the minute ferment producing bodies of vegetable and animal cells. Colloid matter is not necessarily living matter. Minerals may enter into chemical combination with carbonaceous and albuminous substances, but this does not produce living matter endowed with the vito-chemical life element. The vegetable and animal life elements act only in and through the microzyma, and

these are not present in the colloid compounds made by the chemist in the laboratory. Professor Béchamp, the discoverer of the microzyma, has distinctly pointed out the difference between the so-called "organic" compounds produced by the chemist and the living matter of vegetable and animal protoplasm. He taught that what chemists call "organic" matter consists of various carbon and protein compounds, which may combine with earthy and mineral elements, while "live, organized" substances are those which are alive by virtue of the microzyma they contain. He says, on page 44 of *The Blood*:

The proximate principles, the colloidal matter of the chemist, are naturally unalterable, and do not ferment even when they are left in water at a physiological temperature in contact with a limited quantity of ordinary air. On the other hand, natural organic live matters under the like conditions, even when absolutely protected from the atmospheric germs, invariably alter and ferment.

This distinction made by the great scientist between the organic or colloidal substances of the chemists and matter that is actually alive is, to us, as interesting and important as the discovery of the microzyma itself. It confirms what we have frequently claimed, that Nature's live foods and medicines in vegetable and animal matter cannot be entirely imitated and replaced by substitutes by the chemist in the laboratory. The organic matter of the chemist is not alive with microzyma whose ferments produce all the greatest changes in the metabolic processes of a living organism. In order to produce live, organized foods and medicines the chemist must have the power to create microzyma.

While we admit that colloid compounds when used in the form of medicines are not destructive like mercury,

arsenic, and other inorganic elements in crude earthy form, it is also true that the carbohydrate and protein compounds produced by the chemist in the laboratory cannot take the place of Nature's live foods and medicines in vegetables and in animal protoplasm. For this reason the Schuessler mineral "Tissue Foods" or biochemical remedies, never can fill the place of the products of Nature's own laboratory—they are not live, organic substances.

The claims of Professor Béchamp are proved by the fact that colloidal or proximate food substances (both are identical in nature) cannot sustain life. As related in other parts of this treatise, it has been proved, long ago, by scientists of the Nature Cure school that animals fed on chemically pure starch, white sugar, or other so-called organic or proximate food elements die sooner than animals who receive no food but water. The obvious explanation is that such "organic" compounds do not contain the microzyma whose ferments are necessary to digest the food materials. The use of the word "organic" when applied to simple colloidal matter of the mineral plane is not appropriate, because the word "organic," according to its derivation and up-to-date dictionary definition, means "pertaining to or of the nature of organisms of animals and plants; having or consisting of organs." It is only live vegetable and animal matter that is endowed with the organs of life.

The microzyma are the carriers of the vito-chemical and animal life elements, and the life of the microzyma depends upon the presence of alkaline bases, or salts. This is another proposition of vital importance.

Professor Béchamp first discovered the microzyma in the chalk cliffs of Senn. When he placed some of this carbonaceous lime compound in a fermentable fluid, fer-

mentation started. This was caused by the microzyma in the lime rock, in which they had been buried probably for millions of years. The chalk itself, like the coral reefs, must have been formed by the mineral excretions of minute water animals, of which the microzyma are the living remains.

This shows that these primary units of life, the carriers of the vito-chemical life elements, or vitamins, are practically indestructible except by exposure to high temperature and by contact with powerful protoplasmic poisons.

CHAPTER XVI

QUESTIONS AND ANSWERS CONCERNING VITAMINES

Before completing this brief survey of matters of vast importance to the human race, we shall endeavor to answer a few questions that frequently arise incidental to a discussion of these subjects. Many inquiries come as follows:

“Certain advocates of a strictly raw food diet claim that boiling, roasting and baking kill all the vitamins in foods and make cooked foods unfit for consumption. Is this true, and is it best to live on raw food altogether?”

If the claims of raw food extremists were true, the human race, having for ages subsisted almost entirely on cooked food, would long ago have become extinct. Boiling is only a mechanical process of subdivision; it separates the molecules of a substance from one another, but does not dissolve the molecule into its atoms. Therefore the vitamins that bind the atoms in the molecule are not dissipated by boiling. To dissolve molecules into their constituent atoms requires electricity, high degrees of heat far above the boiling point, or chemical agents such as digestive ferments produced by microzyma.

To illustrate: Boiling changes water into steam, but the particles of steam are still composed of H_2O molecules. These can be split into hydrogen and oxygen by the action of an electric current. You may boil sugar

as long as you please. The substance in solution will still be sugar, but the action of yeast, or of the digestive ferments in the body, splits up the sugar molecule into alcohol and carbon dioxid, and this process of chemical decomposition liberates the vitamins that bind together the atoms in the sugar molecule. It is this liberation of vitamins that produces heat in a fermenting fluid.

Roasting and baking will destroy all the vitamins in those food particles that are reduced to charcoal by firing and heating, but it will not kill the life elements entirely in those particles in the interior of the roast which are heated, but not burned to a crisp. Therefore rare meat retains more of the life elements than when thoroughly boiled or baked. Vegetables and fruits should be boiled or steamed only long enough to soften them. Boiling will destroy the vitamins in meats, eggs, and milk more thoroughly than in fruits and vegetables.

Is It Necessary to Live on Raw Food Altogether?

It has been proved by Funk and other investigators that even minute amounts of vitamins in raw food are sufficient to ferment or digest large amounts of cooked food or foods naturally poor in vitamins. This answers the question, "Is it best to live on raw food altogether?" It may be theoretically best to avoid cooked food entirely, but it is not necessary to the maintenance of health, because, as stated before, small amounts of raw food are sufficient to aid the digestion of comparatively large amounts of cooked food. Nevertheless, all that has been revealed in this treatise goes to show that the more nearly we confine ourselves to

a raw food diet, the better for the prolongation of life and the achievement of perfect health.

A diet consisting of raw fruits and vegetables only, excluding even eggs and dairy products, may agree indefinitely with persons of a vital temperament endowed with robust, positive constitutions. It will have a tendency to refine their coarser appetites and passions and to modify excessive sexuality. But practical experience as a dietitian in an extensive institutional practice has taught that a long continued raw food diet has an excessively attenuating and sensitizing effect upon the majority of those who place themselves under our care and treatment, especially upon those who are in a weakened, negative, nervous condition, low in flesh and animal magnetism. They usually lose flesh and develop a strong tendency to nervousness, negative subjective conditions, and abnormal psychism. These negative effects of a long continued raw food diet are intensified by the total exclusion of dairy products, as advocated by many raw food extremists.

At any given time, many of our patients are undergoing more or less prolonged fasts and others are on a raw food or dry food diet. But, as before stated, we find that a radical regimen in most cases is beneficial when continued for a limited period only.

Is it true that yeast is unusually rich in nutritious substances and vitamins and is it advisable to eat yeast several times a day?

An extensive advertising campaign extolling the virtues of yeast has boomed the consumption of this product enormously and is giving rise to many inquiries concerning its nutritive value and vitamin properties.

For many years we stood practically alone among vegetarians in the defense of fermented bread. In the

early *Nature Cure Magazines* and in the *Nature Cure Cook Book* we made statements like the following:

“The great heat of the bake oven kills all germ life in baked bread. But what matters it if a few yeast germs escape and enter the body? Digestion is identical with fermentation. Whatever, in the processes of digestion, is left undone by the various ferments in the stomach and intestines, is completed in the lower sections of the intestinal canal by fungoid and bacterial fermentation or digestion. The intestinal tract is alive with fungi of the yeast type and with microbes and bacilli of all sorts which carry on the work of fermentation and oxidation until all food materials are split up into the simplest possible elements and compounds. What difference, then, can it make if a few additional yeast germs enter the body with the bread?”

As far as the food value of yeast is concerned, fresh milk, fruits and vegetables are much richer in the mineral salts than yeast and contain an abundance of vitamins sufficient for all purposes in the vital economy of the body. A dish of spinach or an orange contains more vitamins than a yeast cake and surely in more delicious and palatable form.

Now the pendulum has swung to the other extreme. Yeast is heralded everywhere as a highly nutritious food, exceedingly rich in vitamins, and as a wonderful remedy for many ills.

Yeast is fairly rich in protein matter but runs very low in all other food elements including the mineral salts. Being a powerful fungoid ferment, it is rich in Fat Soluble A vitamins, but it contains only negligible quantities of Water Solubles B and C vitamins. Its therapeutic value lies in the fact that it is an active ferment and therefore aids the processes of digestion

and the oxidation of waste products in the colon. It is a valuable digestive tonic and laxative in cases of intestinal indigestion, constipation and the resulting toxemia. We have given yeast in such cases with good results, but under no consideration would we advise the continuous use of it. The digestive apparatus would learn to depend upon this substitute for its own secretions and ferments. It would tend to create the "yeast habit" and in the end aggravate indigestion and constipation. While yeast may be used as a temporary palliative, permanent beneficial results can be attained only by making the organs of digestion more active and alive by natural diet and treatment.

The consumption of yeast has given good results in cases of skin eruptions and other symptoms of toxemia caused by intestinal inactivity and the accompanying absorption of systemic poisons.

The ordinary dose of yeast, when its use seems indicated, is one-quarter of a cake one-half hour before the noonday and evening meals.

Why is it that in many cases natural diet does not immediately restore good digestion and assimilation?

Another question frequently raised is expressed as follows: "Doctor, I have been living for some time on natural food combinations, rich in mineral salts and vitamins, but I am still troubled with indigestion, constipation and the resulting toxemia and malnutrition. If my diet is correct, what is the explanation?"

In the majority of such cases the membranous linings and glandular structures of the digestive organs are in a clogged, catarrhal, or more or less atrophic, semi-paralyzed condition. They cannot digest or assimilate even the best of foods. It is only through thorough, systematic treatment by natural methods

that those organs can be purified from clogging morbid matter and revived to normal activity. Whatever helps to accomplish this in the way of hydropathic applications, manipulative treatment, curative gymnastics, right mental attitude, and so forth, is good Nature Cure treatment. In such stubborn chronic cases it frequently requires the application of all natural methods at our command for weeks or months in order to produce the first natural movement of the bowels and to restore the digestive organs to activity.

CHAPTER XVII

THE MAGNETIC PROPERTIES OF FOOD

What is electricity and magnetism? This question could be answered by saying, "Everything is electricity." One modern scientist never tires of saying, "There is nothing but electrons"—and electrons are negative particles or charges of electricity.

A few thousand years ago Pythagoras and many other wise men and mystics of antiquity claimed that "all matter is made up of three elements—substance (the one primordial substance), motion and numbers." Modern science seems to verify the teachings of the ancient wise men.

The discovery and study of X-rays, of radium and radio-activity has revealed the fact that the atoms of all different kinds of matter are made up of negative charges or particles of electricity, called electrons or corpuscles, which revolve around one another without ever touching, as the planets in the starry heavens swing around their central suns. These electrical whirls or vortices tear through the ether (primordial substance) as the centripetal force of the eddy tears through the water.

Furthermore, it has been found that the number of the particles of negative electricity (electrons) vibrating in the atom determine the physical qualities of the atom or element. In other words whether an atom or element impresses our sensory organs with the physical properties of iron, carbon, hydrogen, oxygen

or of any one of the other elements of matter depends upon the number of electrons in the atom and their modes of vibration.

It has been found that the number of electrons or corpuscles in the atom determines its atomic weight. Science, in its wonderful achievement, has gone so far as to count, approximately, the number of electrons in the atoms—at least in the lighter ones.

The electrons, or negative charges of electricity in the atom, are accompanied or surrounded by spheres of positive electricity, and the unit of these positive and negative charges of electricity has been named the “ion.”

Thus we find the teachings of the ancient wise men and mystics verified by the discoveries of modern science. The **primordial substance** of Pythagoras is the ether, in various stages of refinement. **Motion** is the oscillation or vibration of the electrons in the atom, and **numbers**, the number of electrons or corpuscles which make up the atom of matter.

Science assumes that the electro-magnetically negative atom has more negative corpuscles than are necessary to balance its positive electricity, and that the electro-magnetically positive atom has fewer negative corpuscles than are needed to balance its positive sphere of electricity. It is this deficiency or superfluity of negative corpuscles that constitutes positive and negative magnetism or polarity, which causes the desire of the negative atom to equalize its polarity by union with a positive atom. This is chemical affinity, or valency (combining power) of the various atoms or elements of matter. The greater the surplus of negative corpuscles in an atom the greater will be the desire or chemical affinity for atoms having a deficiency of

negative electrons—those which are, in other words, surcharged with positive electricity.

Therefore, according to the predominance of the positive or negative qualities in force, matter or entity, we speak of them as positive or negative. We learn from the foregoing that the law of polarity is fundamental in nature. On the activities which it provokes and regulates is built the entire structure of the universe; the cessation of these activities for the fraction of a second would cause the universe to disappear into nothingness in the flash of a moment.

This fundamental law of nature has been expressed by the author of *Harmonics of Evolution*, in the words "There is a principle in Nature which impels every entity to seek vibratory correspondence (or equilibrium) with another like entity of opposite polarity."

The swaying to and fro of positive and negative, the desire to balance incomplete polarity, constitutes the very ebb and flow of life. All through nature, from the most minute to the greatest and most complex, runs this great dividing line between positive and negative.

In the mineral kingdom, polarity manifests in the attraction and repulsion of atoms. In the vegetable, animal and human kingdoms polarity becomes more and more identified with sex. Broadly speaking, the male sex represents the dominant, active, aggressive, positive qualities, and the female sex the negative, passive, receptive qualities. Individuals exhibit all shades, grades and mixtures of these general sexual characteristics. Attraction between the sexes depends upon the innate tendency and desire to equalize unbalanced or disturbed polarity.

Exaggerated positive or negative conditions, phys-

create disease on the respective planes of being. Physical disease, as we have explained in other chapters, is always accompanied by a predominance of the electro-magnetically negative elements and forces.

Foods, medicines, suggestion and all other kinds of therapeutic treatment, exert on the individual subjected to them a positive or negative influence. It is therefore of the greatest importance that the physician and everyone who wishes to live in harmony with nature's laws should understand this all important question of magnetic polarity.

Polarity of Food and Medicines

Two principal factors determine the positive and negative qualities of foods and medicines:

First in importance is the character and unimpaired activity of the life elements inherent in the foods.

The second factor lies in their content of positive and negative elements.

Aside from the influence of the life elements, the positivity of a certain food or medicine depends upon its richness in the positive, alkaline mineral elements, in the live organic (vitamine) form. The percentages of the positive and negative elements in the principal foods and food classes are shown in the "Table of Food Analysis," on pages 484 and 485. A study of this table confirms what we have asserted and constantly reiterated, namely, that the first four groups of our food classification—the starches, sugars, fats and proteins—when chemically pure, are made up entirely of electro-magnetically negative, acid producing elements, and are therefore negative and disease producing in their effects upon the human body; while the fruits, vege-

tables and other food products of the fifth or mineral group are exceedingly rich in the positive mineral elements and poor in the negative acid forming elements and have, therefore, a positive, health producing effect upon the system.

We will now consider in how far **positiveness** and **normal function** of the human body are dependent on the positive mineral salts in food and drink.

Iron. Iron in the form of hemoglobin is all important as a carrier of oxygen from the lungs into the tissues of the body. Combustion is impossible without oxygen, and digestion is a slow process of combustion. Without combustion there can be no heat production nor any cremation and elimination of waste products. Furthermore, it has been discovered that iron and other minerals moving rapidly in a salty solution (sodium chlorid in the blood) are concerned in the production of electric and magnetic currents. Therefore iron is one of the most important positive energy producing elements in the body.

Sodium. Carbon, oxygen, hydrogen and nitrogen are the four unstable, negative, gaseous elements in the human body. Three of these—carbon, oxygen and hydrogen—make up the various fuel materials, such as fats, oils, starches and sugars. They are to the body what coal is to the furnace; they liberate heat and energy. Similar to coal, they give off, in the process of combustion, a great deal of carbon dioxid (CO_2), commonly called carbonic acid, and if this poisonous gas is allowed to accumulate it will extinguish the fire in the furnace, or, the life in the body.

The elimination of the carbon dioxid depends largely on sodium, which is a positive alkaline mineral element. It does the work in the following manner:

Sodium circulates in the body as di-sodium phosphate (Na_2HPO_4), that is, in molecules which contain one atom of phosphorus to two atoms of sodium. This combination, however, is a loose one. One atom of sodium to one of phosphorus (NaHPO_4) forms a stable union, the second atom of sodium being a loose addition. As soon as this unstable sodium atom finds a more powerful attraction it leaves the phosphorus and joins the stronger affinity. Such an affinity for sodium is carbon dioxid (CO_2).

These two, when they meet in the blood, form sodium carbonate (NaHCO_3), but this union also is not a true and lasting one; for when the combination reaches the lungs, the gaseous CO_2 and H desert the sodium and pass, through expiration, into the open air. The sodium now reunites with its old friend phosphorus, but on its travels back into the body repeats the same trick when it again meets CO_2 .

Thus are enacted at the very foundation of this universe, in the world of atoms and molecules, the same attractions, unions, separations, desertions and reunions as those caused by the friendships, loves and hatreds of human beings.

If sodium is lacking in the blood, CO_2 accumulates and gradually asphyxiates the processes of combustion on which depend digestion, heat production and reduction of waste. This condition is indicated outwardly by loss of appetite, malnutrition, loss of weight, coldness of hands and feet, blue color of lips, nails and skin, all the characteristic symptoms of anemia, and finally by tuberculosis.

In other cases, partial oxidation of food materials and waste products, under the influence of carbon dioxid poisoning, causes fatty degeneration. The

food materials instead of being transformed into heat and energy become fatty deposits.

Just as insufficient draft in the furnace turns partially consumed coal into clinkers, so in the body partial combustion turns starchy foods into fat, instead of reducing them to heat and energy. Therefore the excessive consumption of starchy food, lack of exercise and fresh air, causes fatty degeneration. People thus afflicted often complain, "I eat so little, yet everything seems to turn to fat." This is literally true, for the reason just stated. The cure in such cases consists in prompt elimination of the carbon dioxid; better oxidation through increased muscular activity, fresh air and deep breathing; and an increased consumption of sodium in the organic form found in fruits and vegetables.

Thus we are presented with the paradoxical fact that carbonic acid poisoning may cause, according to individual constitutional peculiarities, in one person destruction of tissues by pernicious anemia or tuberculosis, and in another person an excess of fatty deposits. In fact, many cases of tuberculosis are preceded by fatty degeneration. The connection between the two is now plain.

Lithium. The element lithium, though present in the body in small quantities only, performs acid binding and eliminating functions similar to those of sodium.

Calcium (Lime). Lime, in connection with silicon, phosphorus and magnesium, makes up over 50 percent of the bony structure of the body and it imparts textile strength to all the tissues. If this mineral element is lacking in the daily dietary, the deficiency may result in rachitis and scorbutic diseases, scrofula, a tendency to bleeding (hemophilia), osteomalacia, decay of teeth

and diseases of the hair. Like other positive alkaline mineral elements, calcium also serves as a neutralizer and eliminator of poisonous acids.

Magnesium, another one of the alkaline elements, performs functions similar to those of sodium and lime. It is a neutralizer and eliminator of destructive acids. It is also concerned in the liberation of electro-magnetic energies.

Potassium. This positive alkaline mineral element serves also as a neutralizer and eliminator of acids, alkaloids and ptomains. Furthermore, it is to the muscular tissues what lime is to the bony structures; that is, it forms the solid basis of the fleshy tissues and imparts to them textile strength.

This brief survey of the positive mineral elements and their functions in the body explains why foods rich in the organic mineral salts exert a positive influence on the human organism and its functions.

It is now apparent why an excess of proteid and starchy foods in the daily dietary and a corresponding shortage of mineral salts will inevitably clog the system with waste matter and destructive, poisonous acids, alkaloids and ptomains.

The Relationship of Positive Alkaline Salts to Negative Proteid Materials

All proteid foods are composed of the unstable negative gaseous elements—carbon, oxygen, hydrogen and nitrogen, and of the negative earthy elements—phosphorus and sulphur. These foods, being very rich in acid-producing nitrogen, phosphorus and sulphur, form in the processes of digestion and cell metabolism large amounts of destructive acids and other systemic poi-

sons. These acids, if not promptly neutralized by the positive alkaline mineral bases (especially sodium), accumulate in the system and actually destroy the living tissues. To make this clearer—if sodium is lacking in the blood, the destructive acids satisfy their chemical affinity for alkaline elements by leeching them from bones and muscles, thereby causing the weakening and decomposition of these tissues, as we observe it in the decay of the dentine and enamel of the teeth.

This fact is strikingly illustrated in the English “Banting Cure” for the reduction of fat and flesh. This regimen consists mainly of a lean meat diet with the exclusion of fats, starchy foods and sugar. Such a purely proteid diet produces large amounts of the acids of nitrogen, phosphorus and sulphur and is deficient in the acid binding alkaline bases, sodium and magnesium as well as in vitamins. The acids, therefore, break down and destroy the fat, and they also destroy the muscular tissues so that reduction of fat and flesh by such means is a destructive, disease producing process. This explains why people undergoing such cures become weak and nervous and develop various forms of uric acid diseases, such as rheumatism, heart disease and calculi (stones) in kidneys or bladder.

We can now understand why people living almost exclusively on “strengthening” meats and eggs grow pallid and thin, while the immigrant peasant girl reared on coarse bread, roots and vegetables and dairy products, is plump and strong. This also explains why she loses her pink and white complexion after a few years of American “high living.”

CHAPTER XVIII

CLASSIFICATION OF FOODS ACCORDING TO THEIR MINERAL CONTENTS AND VITAMINE VALUES

CLASS I

Animal Foods—Positive

Life Elements: Electro-magnetic; vito-chemical; animal or spiritual.

**Milk and Red Arterial Blood, the Only Normal (Standard)
Food Combinations in Nature**

Properties: Flesh building; blood, bone and nerve building; heating, acid binding and eliminating.

Milk and red blood are electro-magnetically positive foods because, in addition to the mineral and vegetable life elements, they are animated by the animal life element; and because, in proportion to the negative elements, they contain fairly large amounts of positive mineral elements.

Cream and butter contain only the fat of the milk and vitamine A. The sugars, proteids and all the mineral salts together with vitamins B and C remain in the skimmed milk.

Cheese contains the proteids and sugars and more or less of the fats. The minerals remain in the whey.

Buttermilk contains the proteids and minerals, no fat. It is deficient in vitamine A, but contains vitamins B and C.

Sumick contains all the elements of the milk, unless some of the cream has been removed.

Eggs

Properties: Heating, flesh building; acid forming.

Eggs contain large amounts of highly organized fats and proteid materials and, in proportion to these, run rather low in the positive mineral elements, especially in the important acid binding sodium. They, therefore, tend to produce, in the processes of digestion, large amounts of acids, alkaloids, ptomains and noxious gases. This explains why stuffing with eggs fails to cure consumption. Tuberculosis and other wasting diseases are aggravated rather than improved by unnatural food stuffing and by drug poisoning.

Storage eggs are especially prone to the formation of ptomain poisons.

Though comparatively low in positive mineral elements, eggs are classed as positive because they are animated by the animal life element or Fat Soluble A vitamine. They should be used sparingly, and always in conjunction with foods belonging to Group V (Mineral Elements).

Flesh Foods

Properties: Heating; flesh building; acid forming.

Comparative analyses of blood and the muscular parts of animals disclose the fact that, while blood is rich in sodium and iron, bloodless meat (boiled or roasted, as it is usually eaten) is very deficient in these elements and therefore negative and acid producing. Potassium, the principal mineral element in meat, serves as a solid basis for the unstable protein materials of which flesh is composed. Meat eaters, in order to be consistent, should, therefore, like carnivorous animals and primitive races, consume the blood as well as the flesh. Since cooked or boiled meat is deficient in

ANALYTICAL FOOD TABLE
Qualitative and Quantitative Analysis of the Principal Food Products and Classification According to
Their Electro-Magnetic Qualities

I	II	III		IV		V	VI	VII	Columns V and VI classify foods into positive and negative classes according to the nature of the life elements and according to the totals of positive and negative elements. Column VII gives the calories or heat producing units per pound.
STANDARD FOODS	Water Parts per 100	Nitrogenous food elements C. N.	Negative, gaseous Parts per 100	Carbohydrates and Hydrocarbons C. O. H.		Totals per 100 of the negative elements in the proteid and carbohydrate foods in columns III and IV	Percentage of positive mineral alkaline elements, viz.: Potassium, Sodium, Iron, Lime, Magnesium	Calories—Heat producing units per pound	
				Fats Oils	Sugars Starches Dextrins				
Human Milk.....	87.02	2.36		3.94	6.26	12.56	3.54	320	Class I. Animal Foods Positive Animal life element Building Heating, acid producing
Cow's Milk.....	87.42	3.55		3.70	4.88	12.13	4.70	310	
Eggs	73.67	12.50		12.10	0.55	25.15	2.73	670	
Ox Blood.....	80.82	18.12		0.18	0.03	18.33	3.15		
Lean Beef.....	72.00	20.00		5.00	0.40	25.40	3.72	1013	
Sea Fish.....	80.97	17.07		0.34	1.64	19.05	6.59	800	
Tomatoes	94.30	0.90		0.40	3.90	5.20	5.06	105	Class II. Vegetables Positive Vito-chemical life element Acid binding, eliminating Grown on impoverished soil Grown on mineral soil
Dandelions	81.40	2.40		1.00	10.60	14.00	20.30	300	
Savoy-Kale	87.09	3.31		0.71	6.02	10.04	11.27	110	
Cabbage	89.97	1.89		0.20	4.87	6.96	10.40	115	
Spinach	88.47	2.49		0.58	4.44	7.51	14.22	90	
Cauliflower	90.89	2.48		0.34	4.55	7.37	9.57	160	
Asparagus	93.75	1.79		0.25	2.63	4.67	7.22	125	
Lettuce	94.33	1.41		0.31	2.19	2.91	19.66	60	
Carrots	87.05	1.92		0.11	7.43	9.46	7.11	225	
Radishes	93.34	1.23		0.15	3.75	5.13	11.60	75	
Cucumbers	95.60	1.02		0.09	2.28	3.37	10.54	65	
Potatoes	75.48	1.95		0.15	20.72	22.82	5.83	} 305	
Potatoes	75.00	2.08		0.15	21.00	22.13	12.95		

Huckleberries	78.00			0.78	5.09	5.87	7.20	360	Class III. Berries Positive Vito-chemical life element Acid binding, eliminating
	86.41		0.53		4.44	4.97	3.10	300	
	85.74		0.47		8.00	8.90	3.19	205	
	87.66		0.54	0.45	7.29	8.28	5.89	160	
Oranges	85.04		0.80		4.50	5.30	5.03	235	Class IV. Juicy Fruits Positive Vito-chemical life element Acid binding, eliminating
Apples	84.79		0.36		12.34	12.70	3.69	305	
Plums	84.86		0.40		8.24	8.64	4.66	390	
Peaches	84.00		0.65	0.90	11.90	13.45	2.33	215	
Cherries	79.82		0.67		12.00	12.67	4.18	360	Class V. Sweet Fruits Medium positive Vito-chemical life element Heating, building, acid elim- inating
Dates	37.00		3.10	0.50	56.00	59.60	1.50	1175	
Figs	17.50		1.34	1.28	69.00	71.62	4.57	1305	
Grapes	78.17		0.59		26.32	26.91	3.26	380	
Olives	30.07		5.24	51.90	28.00	85.14	5.94	2600	Class VI. Nuts Negative Vito-chemical life element Heating, building, acid form- ing
Olive Oil				100.00		100.00		4210	
Bananas	48.60		1.02	0.50	13.40	14.92	4.20	650	
Raisins	13.10		2.50	3.00	67.40	72.90	7.11	1280	
Walnuts	4.68		16.37	62.86	7.89	87.12	1.86	1300	Class VII. Legumes Very negative Vito-chemical life element Heating, building, very acid producing
Cocoanuts	46.64		5.49	35.93		41.42	2.84	1250	
Almonds	6.00		23.50	33.06	10.90	67.46	2.74	1480	
Peanuts	6.9		19.70	30.40	20.60	70.70	3.10	1710	
Lentils	12.35		25.70	1.89	53.46	81.05	3.25	1410	Class VIII. Grains Very negative Vito-chemical life element Heating, building, very acid producing
Beans	14.76		24.27	1.61	49.01	74.89	3.70	1540	
Peas	14.99		22.85	1.79	52.36	77.00	3.05	1560	
Whole Wheat	13.65		12.35	1.75	67.90	82.00	1.88	1655	
White Wheat Flour	13.40		10.40	1.20	69.40	81.00	.46	1640	Class VIII. Grains Very negative Vito-chemical life element Heating, building, very acid producing
Unpolished Rice	13.11		7.85	0.88	76.50	85.23	1.04	1630	
Polished Rice	12.55		6.94	0.51	77.61	85.06	0.26	1630	

the alkaline salts it creates a craving for inorganic mineral table salt which, however, remains a poor substitute for the organic minerals of fruits and vegetables. Salted meats are much lower in nutritive qualities than fresh meats because the salt brine has leached out much of the organic mineral salts and vitamins.

The low estimate we have placed on flesh foods is fully confirmed by the discoverers and investigators of the amino-acids and vitamins. Not one of these scientists mentions flesh food as an adequate source of amino-acids or vitamins.

Fish

The flesh of sea fish living in water saturated with positive mineral elements (iron, lime, sodium, potassium, lithium, magnesium, etc.) is richer in alkaline mineral elements, and, therefore, in vitamins, than that of fresh water fish and the meat of land animals.

This explains the richness of sea fish and of cod-liver oil in vitamins.

Dr. Lahman and others mention the fact that the flesh of wild animals is much richer in organic salts than that of domestic animals, which is easily explained when we consider that wild animals live on nutritious, uncultivated grasses, rich in mineral salts, while domestic animals are raised and fattened only too often on grasses and vegetable products grown on demineralized soil, or still worse, on distillery, brewery or kitchen slops, which contain no mineral elements.

CLASS II

Leafy, Juicy Vegetables which Grow In and
Near the Ground—Positive

Life Elements: Electro-magnetic; vito-chemical.

Properties: Blood, bone and nerve building; acid binding and eliminating; medicinal qualities.

A survey of our analytical table (pages 484 and 485) shows that the foods belonging to this group are much richer in the positive mineral salts than are the animal foods. They are all-important for the maintenance of health, because their positive alkaline mineral elements are the most effective neutralizers and eliminators of the poisonous acids, alkaloids and ptomains produced by the ingestion and digestion of animal foods.

The highly nitrogenous meat diet is not nearly so harmful when properly combined with a liberal amount of green vegetables, as is customarily done in European countries. It is the all-meat-potato-white-bread-coffee-and-pie American diet which makes for the prevalence of uric acid diseases, indigestion, constipation, appendicitis, cancer and nervous ailments.

The foods belonging to the leafy vegetable group, on account of their great richness in the positive alkaline mineral elements are the real blood, bone and nerve builders, as explained in other chapters. It has been found that the vitamins of fruits and leafy, juicy vegetables survive boiling much better than those of other food substances.

Foods belonging to this group are rich in vitamins A, B and C.

Roots and Tubers

Properties: Heating; blood, bone and nerve building; flesh building; acid binding and eliminating.

Carrots and beets are very rich in dextroses and glucoses, which, next to the fruit sugars, are the purest and finest of natural sugars. They are, therefore, valuable fuel materials. Most of the roots and tubers

contain moderate amounts of starches and proteids, but run high in the positive alkaline mineral elements, which makes them good antidotes to the poisonous acids, alkaloids and ptomains produced by the highly nitrogenous animal, leguminous and cereal foods.

Some of the roots have valuable medicinal qualities, as explained in Part I of this volume.

Potatoes run low in proteids (about two percent), but fairly high in starches (about twenty to twenty-five percent). Our analytical table shows that they are not nearly as rich in these elements as are the cereals. However, they rank higher than the cereals in the positive mineral elements, especially in lime and potassium. It is probably for this reason that they are so well liked by children, who need a great deal of these tissue building elements.

The skins of potatoes are especially rich in mineral elements and vitamins and have, therefore, fine medicinal properties. They are palatable when the potatoes are well baked or boiled in the jacket.

This shows that the prejudice against the potato existing among medical men and the laity is unfounded. Persons suffering from digestive troubles and malassimilation digest and assimilate the savory tubers much better than they do cereal foods.

Carrots, sweet potatoes and other red or yellow colored tubers are rich in vitamin A. All foods belonging to this group have an abundance of vitamins B and C.

Since we wrote the preceding paragraphs many years ago for the *Nature Cure Magazine*, the work of Dr. Hindhede of Copenhagen has fully justified our good opinion of the potato. Dr. Hindhede for many years had been writing about Natural Dietetics and

applying its principles in his practice in accordance with the teachings of the school of Nature Cure.

The reasonableness of his teachings and the practical results of his work were so self-evident and impressive that during the great food shortage, caused by the late world-war, the Danish government gave him full control over the food situation in Denmark, and made him the national dietitian for the army as well as for the people at large.

He enforced a low protein diet in which potatoes (2% protein) largely replaced meat (20% protein) and cereals (10% protein). The results were surprising. Under this natural food regimen public health improved in a marked degree, and the death rate was lowered considerably. The doctor strongly recommends a more liberal use of potatoes instead of cereals, claiming that this alone is sufficient to cure many diseases.

We shall discuss the teachings of Dr. Hindhede and the results of this nation-wide food experiment more fully in the pages of *The Lindlahr Magazine*.

CLASS III

Berries—Positive

Life Elements: Electro-magnetic; vito-chemical.

Properties: Heating (according to their content in sugar); blood, bone and nerve building; acid binding and eliminating; medicinal qualities.

Berries, in general, run very high in the positive mineral elements and very low in the negative starches and proteids; they are, therefore, classed as positive. Some of them, as the blackberries, raspberries, strawberries, blueberries, gooseberries and huckleberries,

are rich in highly organized fruit sugars. Their juices contain valuable medicinal elements. They are highly animated by the vito-chemical life element. Huckleberries, dried or home canned, without sugar, have great medicinal value in ailments of the intestinal tract. Strawberries are splendid purifiers. When they produce skin eruptions it shows how badly they are needed as eliminators of systemic poisons and scrofulous taints. Persons so affected should live on strawberries until the eruptions cease to appear. They might well follow the example of the wealthy Englishman who liked strawberries so well that he spent all his time traveling around the globe following new strawberry crops from one locality to another.

CLASS IV

Acid and Subacid Fruits—Positive

Life Elements: Electro-magnetic; vito-chemical.

Properties: Heating (according to their content in sugars); blood, bone and nerve building; acid binding and eliminating; medicinal qualities.

To this group belong all the hardy acid and subacid fruits, such as limes, lemons, pineapples, oranges, grapefruit, tangerines, peaches, apples, plums, pears and cherries. The foods of this group are animated by the vito-chemical life element. They run from medium high to high in the positive mineral elements and very low in the negative starches, fats and proteids. They also exert a positive influence on the organism because they are natural laxatives, cholagogues, purifiers and antiseptics. Their natural sugars are the most easily combustible of all heat and energy producing foods. They are, therefore, the finest natural tonics and stimu-

lants. Distilled in Nature's own laboratory, their juices are absolutely pure and the most delicious drinks for man—they are, indeed, the nectar of the gods.

Fruits belonging to this group are exceedingly rich in vitamins B and C.

CLASS V

Sweet Alkaline Fruits—Medium Positive

Life Elements: Electro-magnetic; vito-chemical.

Properties: Heating (according to their content in sugars); blood, bone and nerve building; acid binding and eliminating; medicinal qualities; rich in vitamins.

To this group belong the melon family, cucumbers, grapes and bananas. The foods of this group rank fairly high in the positive alkaline mineral elements and very low in the negative starches and proteids, but they contain large amounts of fruit sugars, which are magnetically negative. Therefore, we rank them as medium positive. The juices of these fruits have high medicinal qualities. They are splendid natural laxatives and purifiers. Their highly organized sugars are the richest of fuel materials and natural stimulants and tonics.

Bananas, when well ripened, are wholesome food for children as well as for adults. They run low in protein (one percent) and contain about fourteen percent of starches and sugars. These are well balanced by positive mineral elements.

Figs, dates and persimmons also may be placed in this class, as they are similar, in their electro-magnetic and medicinal qualities, to the foods of this group. Figs and dates contain close to sixty percent of fruit sugars which are predigested foods and, therefore, most

valuable for those suffering from indigestion, mal-assimilation and wasting diseases.

Grapes and raisins contain between twenty-five percent and thirty percent of sugar, with very little starch and protein.

All the members of the melon family are splendid purifiers and contain large amounts of vitamins B and C, though they are not as rich in these as the acid and subacid fruits of class IV.

CLASS VI

Nuts—Negative

Life Elements: Electro-magnetic; vito-chemical.

Properties: Heating, flesh building; acid forming.

A glance at our analytical table tells us why these foods are negative. They are exceedingly rich in proteids, fats and carbohydrates, but rank very low in positive organic salts. This explains why nuts "crave salt"; why so many people find nuts "indigestible"; why "fruit and nut" extremists run, physically and mentally, into negative conditions.

Nuts and olives are the natural substitutes for meat. They should be used in moderate amounts only and always in combination with foods of the mineral salt group. Olives contain over fifty percent of fat and over twenty-five percent of sugar. They rank fairly high in mineral constituents and are, therefore, more nourishing and wholesome than any flesh food.

The foods of this group contain appreciable amounts of vitamin B.

CLASS VII

Legumes—Negative

Life Elements: Electro-magnetic; vito-chemical. The vitamins are located in the pericarp and in the germ.

Properties. Heating; flesh building; acid forming.

Our tables show that the foods of this group run very low in positive mineral elements, while they are exceedingly rich in the negative, starchy and protein elements. In other words, they are very rich in the acid producing starches and proteids and very poor in the acid binding and eliminating alkaline mineral elements. Therefore, if not properly combined with adequate amounts of juicy fruits and green vegetables, they may become as dangerous to health as meats.

The foods belonging to this group contain only moderate amounts of vitamins B and C.

CLASS VIII

Grains—Negative

Life Elements: Electro-magnetic; vito-chemical.

Properties: Heating; flesh building; acid forming. The vitamins are located in the outer dark layer, in the pericarp, and in the germ.

All grains are exceedingly negative. While they contain large amounts of protein and starchy materials, they are very poor in the positive mineral salts, and what little they possess of these important elements is stored in the germ, pericarp and in the dark outer layers. In order to comply with the popular demand for white flour and white rice, these outer layers are removed in the milling processes, and thus the grains and rice are robbed of their most valuable blood and bone making elements, as well as of the vitamins. Bran and rice polishings are, therefore, exceedingly rich in mineral salts and are very valuable foods for our domestic animals. The latter wax strong and fat on the "refuse" of the mills—rich in organic salts—while the farmer grows thin and dyspeptic on his fine

white flour. As long as oriental nations used unpolished rice, which is richer in flavor as well as better fitted to sustain life than is our refined but impoverished mill product, they remained immune to beriberi and similar diseases. On pages 445 and 446 we have explained how the refining and polishing robs the grains and rice of their mineral elements and vitamins.

Conclusions

Let us see whether, after this brief survey of our food tables, we can explain some of the mysteries and perplexities of dietetics. We can understand now why our American vegetarians, living largely on devitalized leguminous and grain products, with a liberal allowance of nuts, peanuts and olive oil, often fare worse than people living on the mixed diet, and become "warning examples" to meat eaters.

A look at the mineral constituents of grain and rice answers most effectively the common argument of the anti-vegetarian, "Look at your vegetarian nations in the orient, the Hindus and Chinese. Would you lower us to their physical and mental level by the adoption of a vegetarian diet?" Grains and rice rank lowest in the scale of negative foods, and it is therefore no wonder that people living almost exclusively on these staples should be subnormal, physically and mentally.

Also highly dangerous to those who are already negative and sensitive is a straight raw food, or a fruit and nut diet. It is only a naturally very positive "animal" constitution that can afford to live on such a negative and highly-refining diet. Many fruit-and-nut enthusiasts expressly exclude from their dietary all things growing in and under the ground, as well as

the dairy products, "because they are coarsening and tend to develop the animal nature." In their endeavor to make short cuts to masterhood and godhood, by the diet route, they forget that in these strenuous physical-material surroundings we need a considerable amount of the positive animal magnetic qualities in our daily business.

Negative food combinations, excessive fasting, concentrating in the silence, Vogi breathing exercises, subjective psychism and other subjective practices lead many misguided idealists and enthusiasts into physical and mental breakdown, and not a few into abnormal psychism, obsession and insanity.

It is a pity that so many fake occultists use the pure and simple teachings of common sense Nature Cure as a bait and a cloak for pernicious, mystical pretensions. These charlatans know full well that people are so hungry for the simple truths and efficient methods of Nature Cure that many will swallow with them any amount of dangerous occult impositions.

A rational vegetarian diet properly combined, consisting of dairy products, the positive vegetables and the medium positive fruits, with just enough starchy and proteid foods to supply the needs of the body for tissue building and fuel materials, will be found to be an ideal diet, fully sufficient to sustain health and strength under the most trying circumstances.

We admit that there are cases of physical and nervous breakdown in which magnetic conditions have become so negative that a meat diet is, temporarily, of great advantage to supply the lack of animal magnetism. The animal magnetism derived from flesh foods is, however, only borrowed, and is contaminated by the poisonous waste matter of the dead animal car-

cass. Therefore, we have seen people cured of negative mental conditions by the Salisbury raw meat diet, only to develop rheumatism, heart disease, calculi in kidneys and bladder, and other uric acid diseases.

Natural Therapeutics follows a wiser plan. By its stimulating methods of natural treatment and eliminating, yet positive, vegetarian diet, it puts the organism of the patient in such condition that it can generate its own positive magnetic energies.

CHAPTER XIX

MISCELLANEOUS

The Psychology of Digestion

All that we can do is to give the general outlines of food selection; the details and individual application must be worked out personally. No two organisms are just alike, and their requirements of food and drink differ in quantity and quality from day to day, especially in times of healing crises, under natural treatment. As the system changes, as the morbid materials are eliminated and new and normal tissues are elaborated, the demands of the organism for certain food elements constantly change. Always, however, they keep within the well defined limits of natural food selection.

For weeks a patient may live almost entirely on celery and cabbage slaw; then he may develop a craving for tomatoes or carrots; again he may exhibit a strong desire for certain fruits or nuts.

We always advise our patients to satisfy these cravings, which are especially peculiar to pregnancy and to periods of healing crises. They usually indicate a special need of the system for certain elements contained in these foods.

Caprice and false appetite, however, must not be mistaken for natural craving, and even the latter should not be encouraged nor satisfied continually unless it falls within the limits of natural food selection.

Frequently, when we outline our system of dietetics to a new patient he exclaims in horror, "Why, I can not possibly eat this or that; it would kill me," or the complaint is, "I like those vegetables, but they do not like me; they cause great distress. Must I eat them in spite of this?"

"No," we answer, "if such is the case, do not use them for the present; you probably will use them after a while. Select at first, within the right limits, those fruits and vegetables which agree with you. As your digestive organs become more normal you will add to your dietary, one after another, the luscious fruits and vegetables which now invariably cause pain, noxious gases and other symptoms of fermentation and indigestion."

Present disease conditions were caused by a lack of these foods and the organic salts which they contain. A permanent cure can be produced only by the gradual adoption of the acid solving and acid binding foods, even if, temporarily, they create a commotion in the heavily encumbered organs and tissues.

A thorough house cleaning makes the dirt fly, and a thorough body cleansing, in like manner, stirs the poisons from their hiding places, throws them into circulation and brings them in contact with the living tissues, thus producing the acute aggravations of healing crises. But as we cannot have a clean house to live in without an occasional scouring so we cannot have a clean body without an occasional healing crisis. When you begin to live on a natural diet, never mind the unpleasant disturbances, the capricious and alternating diarrheas and constipations; they all belong to the game of house cleaning and renovating.

These changes and crises in the physical body are

usually accompanied by more or less mental depression, nervousness, irritability and melancholia. The old things are passing away and the new are coming in. It is the vastation of the old and the generation of the new man. Hence the queer feeling of "goneness," of "being lost" and "homesickness" so often described by our patients in times of healing crises.

Idiosyncrasies

Idiosyncrasies are habits of body and mind peculiar to an individual. Most individuals exhibit some idiosyncrasy in connection with food. They cannot eat certain wholesome foods: one cannot eat an apple, another has an abhorrence for bread, still another becomes nauseated when eating sweets.

Some of these peculiar traits are congenital and due to prenatal influences; others are caused by eating too much or too often of a certain kind of food. Sometimes they are due to mental or psychic neuroses; in other instances disease conditions in the body revolt against a certain food or foods and create the idiosyncrasy.

Whatever the cause of these annoying dislikes and antipathies they can be overcome by improving the general condition of the organism, particularly the digestive organs, and by autosuggestion.

Every evening before falling asleep, dwell upon the thought that the particular food which in the past has annoyed or distressed you, henceforth will perfectly agree with you. Say to yourself, "It is a good, wholesome food; it contains valuable elements of nutrition which I need in the economy of my body. There is no reason why I should not eat it. I will not allow my

subconscious mind to tyrannize over my waking consciousness. I am master of my feelings and my actions and not the plaything of prenatal influence, foolish fear or morbid suggestion. I am master of my body, mind and soul!"

Mental Dyspepsia

Many people spoil the beneficial effects of the natural food regimen by excessive anxiety. No matter how good the advice and how carefully they follow it, they are always in fear of making mistakes about this food or that, of eating too much or eating too little; they ponder every morsel and worry over it; then for a day or two they analyze their symptoms and try to determine how this dish of gruel or that bit of cheese affected them.

Such a mental attitude is weakening and destructive; it will poison the most wholesome food and drink. Mental dyspepsia will inevitably express itself in physical indigestion and malnutrition.

To the best of your ability, make your food selections: so much of the organic salt group, so much of proteid and so much of carbohydrates. When an understanding of the rudiments of food chemistry has been acquired, the right selections are made without trouble and almost intuitively. When the food is on the table, forget the problems of dietetics, put all thoughts of business, work and study far from you and center your attention on pleasant things, and the joy of eating.

With every morsel duly masticated, swallow a happy thought or a pleasant emotion. Build castles in the air, be merry, have a friendly word and a happy smile for wife and child or for your chance acquaintance at the table d'hôte.

The medieval court jester, whose office it was to amuse the guests at feast or banquet, was a sensible and useful institution, much more worthy of patronage than poisonous pills and tonics.

Worry, anxiety, anger, hatred and peevishness contract the blood vessels, inhibit the flow of digestive fluids and benumb nerve action. These destructive emotions actually sour the vital fluids as well as the mental disposition. On the other hand, nothing stimulates the circulation and the flow of gastric juices, or sweetens the secretions, like cheerfulness, happiness and absolute confidence in the healing power within.

If by chance you have made a mistake or committed an indiscretion in eating, do not make it worse by worrying over it. Take a good big dose of mental-magic tonic, one hundred grains of courage well shaken in a few ounces of cheerfulness, thereby increasing the flow of gastric secretions and say to yourself, "Since I have eaten the forbidden fruit, I will not worry over it; my innate powers of body, mind and soul will neutralize the bad effects. I will appropriate the good there is in it and eliminate the evil."

Use forethought and self control to avoid mistakes, but when you have made one do not make matters worse by fearthought.

Over-Eating

The most wholesome food becomes injurious when taken in excessive quantities. Whatever we cannot properly digest and assimilate ferments and decays, filling the system with waste matter and poisons. Many persons squander their vitality in eliminating

noxious food ballast, and wonder why they are so weak in spite of a good appetite and rich foods. When the organs of digestion are continually overworked they weaken and become unable to convert the oversupply of food into the proper constituents for healthy blood and lymph; waste matter accumulates, creating noxious gases and systemic poisons. Poisonous miasms thus contaminate the vital fluids, causing corruption and obstruction in organs and tissues, and furnishing a luxurious soil for the growth of all kinds of parasites, germs and bacteria.

In chapters III and IV it was shown that one cannot eat and drink vital force since it is independent of food, drink, medicines and tonics. It is hard to comprehend why so many physicians persist in stuffing the weak bodies of consumptives and other invalids with enormous quantities of food, under the mistaken impression that the patients can thus be strengthened and improved in health. Is it not self-evident that the stomachs and bowels of these poor sufferers are as feeble and as incapable of exertion as their arms and legs?

If these sufferers were able to properly digest and assimilate even a few eggs a day they would not be so weak and emaciated, but in spite of their weakened condition they are "stuffed" with as many eggs as they can possibly force down their throats. The result is that the entire mass decays and ferments, spoiling that which was necessary together with the superfluous, thus doing more harm than good to the body. Is it not more sensible to give no more than the digestive organs can take care of, and gradually increase the amount of food as stomach and intestines become more active and alive under natural methods of treatment?

Fasting Imperative in Acute Diseases

In serious diseases, and in states of nervous and physical prostration, the expenditure of vital force is at a minimum, as is apparent from the extreme weakness and helplessness of the patient; therefore, much less food is required than in times of healthful activity. Does not nature herself protest against eating by loss of appetite, nausea and vomiting? Nevertheless, though the patient himself objects to the enforced feeding, and his whole organism revolts against it, doctor and friends insist that he "must eat to keep up strength." "Sedatives" are given to paralyze the stomach into submission and down go chicken soup, eggs, beef tea and other tempting morsels.

In acute febrile diseases, feeding is not only useless but actually harmful, because in such conditions the normal activities of the organism, including the processes of digestion and assimilation, are at a standstill. All efforts are concentrated on elimination, the stomach and bowels being called upon to assist in the general house cleaning. Instead of assimilating, they, too, are eliminating noxious poisons which produce nausea, vomiting, diarrheas and catarrhal excretions. The digestive organs normally act like a sponge—they absorb the food elements from the digestive tract and transmit them into the blood stream. In febrile diseases the process is reversed—the sponge is being squeezed. It is throwing off morbid excretions, thus aiding the cleansing crisis. As soon as food is given, this beneficial elimination through stomach and bowels is hindered and interrupted; as a consequence, the temperature rises and an aggravation of all symptoms follows.

The danger lies not so much in under-feeding as in over-feeding. To one who dies from lack of food, thousands die from over-eating. If the truth were known, we should be surprised at the small amount of food required to keep the body in perfect condition.

Cornaro, an Italian nobleman, when forty years of age, was declared by his doctors to be dying from the effects of dissipation. Instead of resigning himself to this fate, he determined to enter upon an experiment of his own. He cut his food supply down to twelve ounces a day, and, before long, regained health and strength. At a hundred years of age he wrote a book in which he described his experiences and the wonderful effects of temperate living.

When about eighty years of age, Cornaro felt for a while somewhat indisposed. His relatives and friends at once overwhelmed him with reproaches, saying that he was weakening and killing himself by slow starvation. In compliance with their entreaties he increased his food allowance by a few ounces a day, but this affected him so badly that he was forced to return to his accustomed allowance.

The only safe guide in eating is hunger, not appetite. True hunger is nature's sign that more food is needed, and that the organism is in condition to take care of it.

If these simple truths were more widely understood and patients in acute diseases were fasted instead of stuffed, the death rate would decrease to an astonishing degree.

To Salt or Not To Salt?

Like Banquo's ghost, this question will not down. Pro or con it has been discussed by every diet specialist and food reformer. Vegetarians say, "Don't," meat

eaters say, "Do." Both may be right. How can that be?

Common inorganic table salt is chemically composed of sodium and chlorin. We call sodium and all other minerals organic when they have entered into chemical combinations with carbon or proteid compounds in the living cells of plants and animals.

We have learned in other chapters of this volume that potatoes, fats and sugars in the processes of digestion form large amounts of poisonous acids, alkaloids and ptomains, which become a most fruitful source of disease when not rapidly and thoroughly eliminated.

The neutralization and elimination of these food poisons depend largely upon sodium. The ordinary American diet, consisting of meats, peas, beans, potatoes, white bread, pastry, coffee and sugar, contains an excessive amount of the acid producing food elements, and only very small amounts of the eliminating sodium. Fruits and vegetables, however, are very rich in organic sodium as well as all other positive alkaline mineral elements. Keeping in mind these premises, we shall see how both vegetarian and meat eater may be right in their stands on the salt question.

The vegetarian, whose daily dietary contains a liberal amount of uncooked fruits and vegetables and only moderate amounts of proteins and starches, has no need and no desire for inorganic table salt. His demands for sodium are fully satisfied in a natural way by the organic sodium contained in the raw foods.

On the other hand, people whose dietary consists largely of meats, potatoes, peas, beans, cereal foods, white flour bread and pastry, coffee, tea and refined sugar, all of which are lacking in the acid binding sodium, must have salt in order to make up the de-

iciency of this element in their food—therefore, they have a strong craving for the inorganic table salt.

The foods above mentioned, as we have learned, produce large amounts of poisonous acids and alkaloids, and unless these are promptly neutralized and eliminated by sodium, disease and death would be the inevitable results. Since the above described American dietary is deficient in the organic salts of fruits and vegetables, inorganic table salt (sodium chlorid) must serve as a poor substitute, but it is far better for the system to have the inorganic substitute than no sodium at all.

The fact that many people have lived almost entirely on meats or cereal foods with table salt as seasoning, and have reached a ripe old age, indicates that the organism can use the inorganic salt as a substitute for the organic.

We have learned that many elements, though congenial to the body, when taken in the inorganic form show in the iris, but table salt, even when habitually taken in large quantities, does not show, indicating that we cannot class it among the poison foods. It is congenial to the system, being naturally present in the blood in organic combinations, in considerable quantities. Like uric acid, caffeine, thein, alcohol and nicotine, which also do not show in the iris by distinct signs, it becomes injurious to the system only when taken habitually in large quantities. Possibly table salt stands in closer relationship to the vito-chemical life element than the mineral substances which show in the iris.

Table salt, however, should be used very moderately, even by meat eaters. Its excessive use easily becomes a habit. Its elimination greatly irritates the kidneys

and withdraws from the blood large quantities of serum. This creates thirst, which necessitates the drinking of much water. This in turn dilutes the blood and other secretions of the organism, causing a watery dysemia of all the vital fluids.

Our flushing faddists seem to regard an excess of water in blood and tissues as a desirable condition—our farmers know how to turn it into money. Salt, given to cattle and hogs, creates abnormal thirst. This causes excessive water drinking and watery dysemia (anemia); watery blood makes fat. Thus, salt is turned into fat and fat into money.

Inorganic salt, when absorbed in large quantities, pickles the tissues. It destroys albuminous compounds and causes their excessive secretion in the urine (albuminuria). Therefore, it leeches the protoplasm of the cells, weakening their resistance and breaking down their normal structures. This is shown clearly in scurvy, which is caused by the excessive use of salt meats and the lack of fresh vegetables with their organic salts and vitamins. This disease, which is characterized by decay and bleeding of the gums, proves that nature limits the substitution of inorganic salt for the organic, and it strongly indicates that the organic is the most desirable form.

As soon as scurvy patients are put on a fruit and vegetable diet, the destruction of tissues, the bleeding resulting from it and other symptoms promptly abate.

Another indication that inorganic sodium chlorid is not congenial to the system is indicated by the fact that considerable amounts of the organic salt contained in fruits and vegetables or in their extracts do not create thirst, while comparatively small amounts of the inorganic table salt cause irritation of the kidneys,

great thirst, overwork, albuminuria, and weakening of the cell structure. These influences undoubtedly favor the development of kidney diseases.

Now that we have considered the evidence for and against the use of salt, we shall endeavor to answer the question: Is it advisable for vegetarians to use salt?

When the dietary contains liberal amounts of uncooked fruits and vegetables, very little or no salt will be needed. The addition of salt is permissible to vegetarian foods which contain large amounts of proteids, fats and starches, such as eggs, butter, peas, beans, lentils, potatoes, cereals and rice.

Vegetables of the fifth group when properly steamed in their own juices so that none of their mineral constituents are wasted, do not need additional condiments; their own salts are the best flavoring.

In conclusion we must remember that fruits and vegetables often do not contain the normal amounts of organic salts, because for ages the soil on which they have grown has been robbed of its mineral constituents.

It is this deficiency in mineral elements which lowers the resistance of vegetables, grains and fruits, impairs their development, causes decay and facilitates the work of destructive worms, insects and germs, just as lowered resistance and lack of vitamins favors the development of germs and bacteria in human bodies.

Nitrogenous fertilizers have been provided plentifully, but the necessity of positive mineral fertilizers was never thought of until Julius Hensel, the Nature Cure food chemist, called attention to the fact.

The soil and its products, therefore, as well as human beings, suffer from mineral starvation and deficiency

of vitamins. African explorers state that in certain parts of Africa the soil and its products are lacking in sodium chlorid, and that in these sections animals and human beings suffer from salt starvation, which expresses itself in many ways.

The addition of small quantities of table salt to a vegetarian diet is, therefore, not to be condemned, but its use should be confined to butter, eggs and such cooked foods as we have mentioned.

Do not use it at the table, except on eggs. It is barbaric to kill with salt and pepper the delicate flavors of fruits and vegetables. "But," says our friend, the meat eater, "I have to add condiments and spices, or I cannot taste anything." To this we answer, "No wonder, when the taste buds in your tongue are paralyzed by salt, pepper, mustard, strong condiments, nicotin and alcohol. Return to a natural diet and your nerves of taste will soon regain their normal sensitiveness. Then you will enjoy the delicious flavors of fruits and vegetables, and things will taste as good as 'when mother made them.' "

In summing up and comparing our evidence, we come to the conclusion that here, as elsewhere, it is not well to run into extremes. As usual, the middle, common sense way is the safest way.

Fermented Bread

Vegetarians, almost unanimously, condemn the use of fermented bread. Are the lightened loaves as injurious as they claim?

The enemies of fermented bread usually advance the following arguments:

1. "Fermented bread contains yeast germs, which

enter the digestive organs and cause injurious fermentation;

2. "Fermented bread contains alcohol, which is injurious to health and life;

3. "The 'raising' of the dough is due to gases arising from the decaying bodies of dead yeast germs;

4. "The transformation of the sugar in the fermenting dough entails a considerable loss of elements of nutrition."

We shall take up these objections one by one and examine them as to their validity.

First objection: "Fermented bread contains yeast germs, which enter the digestive organs and cause injurious fermentation."

Pasteur discovered that all yeast germs die at a temperature of about 150 degrees Fahrenheit. Every housewife takes advantage of this fact when she heats milk, and fruit preserves, to the pasteurizing or germ killing temperature. How, then, can the yeast germ survive the great heat of the bake oven, which ranges from 400 degrees to 700 degrees Fahrenheit? But suppose a few yeast cells survive the heat of the fiery oven and enter the human body—what of it? Physiology teaches us that the various processes of digestion are completed in the intestinal canal by germ fermentation.

In order to understand what this means we must consider for a moment what fermentation is. Webster's *Imperial Dictionary* defines it as follows: "The conversion of an organic substance into new compounds in presence of a ferment, the nature of which determines the kind of fermentation produced. Fermentation may be checked or altogether prevented by anything which prevents the growth of the fungi, as by keeping away from the liquid the spores of germs;

by the liquid being either too hot or too cold for their development; by the liquid containing too much sugar; or by the presence of a substance (called an anti-septic) which acts as a poison on the fungi."

Ferments are classified into enzymes and fungi. The former are supposed to be chemical substances, the latter, live vegetable spores or germs.

The most important enzymes in the body are the ptyalin of the saliva, which transforms starches into dextrins and sugars; the pepsin in the stomach, which transforms proteids into peptones; and the pancreatic ferments which act upon all food classes.

The enzymes are secreted or excreted by the microzyma of the cells in these ferment producing organs. The processes of digestion which are left undone by the enzymes are completed in the intestinal canal by fungoid and bacterial fermentation. The intestinal tract is alive with fungi of the yeast type and with microbes and bacilli of all sorts, which carry on the work of fermentation and oxidation until all food materials are split up into the simplest possible elements and compounds.

From this it will be seen that all the processes of digestion from beginning to end are, in a way, processes of fermentation.* What difference, then, can it make if a few additional yeast germs enter the body with the bread?

*Dr. Thomas Powell, whose theories we have discussed in other places, also claims that digestion is not fermentation, but simple disintegration. If this is so, how does he explain the change of starch into sugar under the influence of the ferments, ptyalin and amylopsin, of fats into glycerin and fatty acids in the presence of steapsin, etc., etc? These changes certainly involve "the conversion of organic substances into new compounds in the presence of digestive ferments (enzymes)." We cannot see why "disintegration" is an improvement on the term "fermentation." We understand the latter involves the former.

Second objection: "Bread fermentation creates alcohol, which is injurious to health and life."

So does the healthy human body manufacture alcohol. It is produced by the action of yeast germs on sugar in the intestinal tract. The oxidation of food materials and of waste matter is in many other instances accompanied by the formation of alcohol. This product is, therefore, in small quantities, congenial to the system and plays a useful part in the vital activities. Like uric acid and other systemic waste matter and poisons it becomes dangerous to health and life only when present in excessive quantities.

Alcohol is easily combustible and acts as fuel material to the system. When present in large quantities, however, it paralyzes the inhibitory nervous apparatus and burns up nerve fats too rapidly, thereby causing temporary over-stimulation and resultant weakness and exhaustion.

Alcohol is created in the fermenting dough in minute quantities only, and most of it evaporates in the great heat of the oven. Large London bakeries endeavored to collect and condense the alcohol from the ovens, but the expense attached to this process proved greater than the returns and the experiment was therefore abandoned.

Chemical tests of finished bread show alcohol in traces only. There is not enough of it to injure the human organism in any way or manner.

Third objection: "The 'raising' of the bread is due to the gas arising from the decaying bodies of dead yeast germs."

In the first place, dead yeast germs have never been known to create carbonic acid gas in considerable quantities. They have to be alive in order to do so.

Yeast fungi, while living on sugar, digest or split up the sugar into alcohol and carbonic acid gas. This gas, while escaping, permeates the dough with air passages and bubbles and in that way raises and lightens it. This loosening of the dough into a sponge-like mass favors the escape of moisture and the penetration of heat. The resulting bread is therefore baked more thoroughly and keeps much better, does not sour so quickly, and is more easily digested than much of the soggy, lumpy, "unfermented health bread."

This carbonic acid gas which lightens the bread cannot be very injurious. When taken as a free gas into the stomach in food or drink, it rapidly evaporates, and while escaping creates that cooling, prickling and refreshing sensation peculiar to carbonated beverages.

Fourth objection: "The transformation of sugar in the fermenting dough entails a considerable loss in elements of nutrition."

This loss of sugar incidental to bread fermentation is so small that it hardly merits consideration. This small loss is more than balanced by increased digestibility and palatableness and by better keeping qualities.

What has been said will make it apparent that the fermentation of the bread is, in a way, a process of predigestion. In fact, all so called predigested health foods have been subjected to some process of fermentation, for in this way only is it possible to "predigest" food materials.

This, however, is not altogether an advantage. Predigestion dissipates, outside of the body, food energy which should be liberated and utilized inside of the body.

This article was written for the *Nature Cure Mag-*

azine long before yeast was extolled for its extraordinary richness in vitamine B and for its medicinal qualities. For many years the author was condemned by strict vegetarians for this heresy.

Mono-Diet

One of the latest developments in dietetic treatment is the mono-diet. Strictly speaking, this regimen consists in taking but one article of food at a meal, a succession of meals, or continuously for a considerable period of time.

The mono-diet, like the grape cure, milk cure, raw food diet, Salisbury raw meat diet, fasting, Fletcherizing, and other forms of radical and one-sided dietetic treatment, when applied temporarily, may have very beneficial effects on certain diseased conditions, and for the attainment of special results. But it is not advisable to prescribe or to follow an extreme regimen indiscriminately, in all kinds of cases, or for indefinite periods of time. The trouble is that enthusiasts look upon such methods as cure-alls, apply them to all kinds of cases and conditions, and thereby often inflict lasting injuries instead of benefits upon those who entrust themselves to their care. Because these extreme practices are beneficial in some cases, their advocates jump to the conclusion that they will prove efficacious under all circumstances.

One of the principal objections to the mono-diet is that not one article of food, with the exception of milk and red blood, contains, in right proportions, all the elements required by the body. All the foods of the first four groups as shown in our tables of food analysis (pages 403 and 404) contain too much of the negative acid-forming elements and not enough of the positive

mineral salts and vitamins, while the foods of the fifth group contain enough of the positive mineral elements but not enough of the heating and building materials. Any extreme, one-sided diet, therefore, must in the long run necessarily lead to unbalanced and abnormal conditions in the system.

Furthermore, mono-diet means monotony, and monotony in eating, as in many other things, is not conducive to health, happiness and longevity. We naturally crave variety in our foods as well as in our surroundings and occupations. Mono-tony—sameness of tone—is not harmony; therefore, not pleasing, and if long continued, becomes annoying and destructive. Desire for food and the keen enjoyment of it depend upon a moderate variety at least. Keen appetite and hunger insure copious secretion of the digestive juices and ferments. This has been proved by the experiments of vivisectionists. Through tubes inserted into the stomachs of dogs, they collected digestive juices. And it was found that these began to flow more freely when the animals were shown some appetizing morsels of food. Food which they did not like, or were indifferent to, failed to stimulate the secretions in the same degree. When the animals were excited to fear or anger the secretions greatly diminished in quantity or ceased to flow entirely.

One often hears people say they cannot eat a certain food because at one time they "ate too much of it." My secretary tells me, as we are working on this manuscript, that once, a gracious country hostess of hers, learning that she was especially fond of whipped cream, fed her on whipped cream cake, whipped cream pie, and whipped cream in every other conceivable form, morning, noon and night, until for a long time

afterward she could scarcely bear the sight of it. Monotony had created a revulsion of her appetite toward a perfectly wholesome and inviting food. Similar experiences are related to us frequently by patients, confirming the opinion that mono-diet is not a natural practice. The originators and enthusiastic advocates of such systems may adhere to them indefinitely with apparent success, but the majority of people will soon tire of living on a straight "one food at a time" diet.

We repeat that in many cases where we have had to counteract a certain form of systemic poisoning, we have found the mono-diet very beneficial, as, for instance, the grape cure or the milk cure in uric acid diseases. In such cases the mono-diet constitutes a mild form of protein starvation, which is desirable for a time under the circumstances.

When patients are already physically and mentally weak and inactive, have lost ambition and energy together with appetite, all such extremes as fasting, raw food diet and mono-diet may become positively harmful and lead to nervous prostration, abnormal psychism and insanity.

No radical or extreme form of diet or other method of treatment should ever be undertaken except under the advice and guidance of a competent physician, who is capable of taking into consideration the various aspects and requirements of the case.

The author's stand on the mono-diet question has of late years been justified by the discoveries of the amino-acids as explained on pages 380 to 384.

Mastication

Thorough mastication of food is an absolute necessity to insure good digestion, but, like every other good

thing, can be overdone. Horace Fletcher, in his *A-B-C of Nutrition*, advocates mastication of food until it is reduced to a fluid condition. While I believe that Fletcherizing has benefited many people suffering from over-eating and consequent food poisoning, I know also that in many instances it has been positively harmful. Food in the liquid state does not offer enough resistance to the muscles of the intestinal tract.

Stomach and intestines need some bulky, solid food as a stimulus to peristalsis, the propelling movement peculiar to the digestive organs. If all food be converted into a liquid before it enters the stomach, the peristaltic movements of the digestive tract will become ineffective through disuse and the bowels will become lazy and inactive as they do under a milk diet.

Furthermore, most people simply cannot afford the time to Fletcherize. To do this would require an hour or more each meal. Instead of spending this time at the table trying to reduce the cellulose and woody fiber of fruits and vegetables to a liquid, thereby destroying their stimulating effect upon the stomach and intestines, it would be much more beneficial to take fifteen to thirty minutes after each meal for relaxation, rest and vital regeneration. This is especially to be recommended to people with very weak digestions. When they are thoroughly relaxed and at rest they should, by an effort of will, concentrate the blood and nerve currents on the work of the digestive organs.

Frequency of Meals

The frequency of meals cannot be determined by hard and fast rules. Different factors must be taken into account—occupation, physical condition, the circumstances in the home, and so forth. As a rule the

two-meal plan is the best. The ideal way is to have breakfast between nine and ten o'clock in the morning and dinner between five and six in the afternoon. This allows sufficient time for thorough digestion and assimilation.

In our experience, the no-breakfast plan does not agree with most people. Putting off the first meal until noon is likely to create excessive hunger and a tendency to over-eat.

If circumstances are such that breakfast has to be taken early in the day and dinner late in the evening, it may be found advisable to eat a light lunch at noon, consisting of fruit and a few nuts; or a vegetable salad; or some whole grain bread and a glass of milk.

Some of our friends and patients get along best on one meal a day. This is especially advisable where there is a tendency to over-eating and to excessive fat and flesh formation.

In certain isolated cases of an exceptionally weak and negative condition we have found it expedient to give small quantities of food three or four times a day.

Drinking

We are not in favor of excessive drinking. The "flushing of the system" fad is a mistake. The purification of the body is not a mechanical process like the flushing of a sewer with water. It is a chemical process which depends upon the normal composition and concentration of the different secretions in the system. These secretions, the most important one of which is the blood, cannot be made more effective by diluting them with large amounts of water.

Most of the people suffering from stubborn chronic constipation that come to us for treatment have been

“flushing” for years, through mouth and rectum, using quarts and even gallons of water daily, with the result that they were getting more constipated all the time. On our comparatively dry food diet the bowels, in most cases, begin to act normally within a short time.

Dry food stimulates the secretions of the intestines. Constant flushing makes them more lazy and inactive. Furthermore, much of the water saturated with the poisonous accumulations in the rectum and colon is reabsorbed into the system.

Distilled Water

Another popular fallacy is the idea that on account of its absolute purity distilled water is wholesome. As a matter of fact, its very purity makes it injurious to the system.

All water has a natural tendency to saturate itself, up to a certain point, with mineral matter. Good drinking water always contains a certain amount of mineral matter. When this is removed through distillation, the water will leech **from the system** the organic mineral salts which play such an important part in the vital processes of our bodies, and which we find it is so difficult to supply in sufficient amounts. Good drinking water is agreeable to the taste, whereas the absence of mineral salts accounts for the flat taste of distilled water.

On the other hand, very large quantities of lime, iron, sulphur, or other inorganic minerals in water that is used constantly for drinking or bathing, are injurious to the system. If such minerals are present in excess, the water should be boiled and allowed to settle before it is used. It may be oxygenated and revitalized by passing through it a mild current of electricity.

If the water contains vegetable or animal organic matter it should be filtered.

It is the customary highly spiced meat and egg diet which creates excessive or abnormal thirst. A rational non-irritating and non-stimulating vegetarian diet furnishes the organism with fluids of the best possible kind in the form of fruit and vegetable juices, prepared in Nature's own laboratory, rich in medicinal qualities and free from all objectionable constituents.

Under ordinary conditions, drink from four to eight glasses of pure water of ordinary temperature in the course of the day, according to your own individual inclination: in the morning before breakfast, at night before going to bed, and at intervals during the day.

Drinking at Meals

The less you drink with your meals the better. The dryness of the food furnishes the necessary stimulus to the secretion of saliva and gastric and intestinal juices.

An abundance of liquid in the digestive tract interferes with the action of the secreting glands. Moreover, it dilutes the secretions and thereby weakens their digestive qualities. The juices of the stomach and the intestines cannot be made more effective by adding to them large amounts of water at meal time.

Coffee and tea or alcoholic drinks should be especially avoided at meals. The former retard digestion; the latter overstimulate temporarily the secretion of gastric and intestinal juices, and this unnatural stimulation is followed by corresponding weakness and inactivity of the secreting glands in the digestive tract. Liquor taken before and during meals, therefore, encourages over-eating, and when the reaction sets in, the

secretions as well as the vitality are lacking in strength to digest properly the excess of food taken under the influence of unnatural stimulation.

A glass of water taken from thirty to sixty minutes before meals will, in most cases, do away with the desire to drink at meal time. However, if there is actual thirst it must be satisfied, especially when the digestive juices of the stomach are overcharged with acids. In that case a glass of cool water will reduce hyperacidity. Never use ice water. If you prefer a warm drink you may take cereal coffee, or warm milk, or (sparingly) cocoa. Skimmed milk, buttermilk and fruit juices diluted with water are good cold drinks.

Mixing Starches with Acid Fruits and Vegetables

Many dietists lay great stress on the fact that acid fruit juices retard or prevent the digestion of starchy foods in the stomach. Therefore, they advise that these foods should never be taken at the same meal. We find that this rule does not hold good in all cases.

It is true, that some people cannot eat starchy foods and acids at the same meal, without experiencing serious digestive disturbances and aggravation of chronic symptoms. This is especially true of those who suffer with hyperacidity of the stomach and catarrhal ailments. The latter are frequently caused by starch poisoning, due to putrefying starchy materials in the digestive tract. On the other hand, most of our patients do not experience any bad effects from the mixing of starches with fruit and vegetable acids. This is especially true of those who incline to hypoacidity, and who take good care to thoroughly masticate and insalivate the starchy foods before they swallow them.

While with some people fruit and vegetable acids seem to increase the acidity of the stomach, with a great many others they antidote acidity. To those who belong to this class, acid fruit is the best cure. We know of these people suffering from acidity of the stomach in the middle of the night, arising to eat a few oranges. Relief and sleep soon follows.

The alkaline elements of juicy fruits neutralize the hyperacidity of the stomach and the blood. However, in all cases where the mixing of these foods causes the least trouble, it certainly should be avoided. Such people should take with their cereals, sweet, alkaline fruits only, such as dates, figs, raisins, stewed prunes, sweet grapes and melons in season. They should take the acid fruits by themselves, for the noonday lunch, or if they have the heavy meal of the day at noon, they should have nothing but acid fruits or vegetables for breakfast, or between breakfast and the dinner at noon.

The acid fruits and vegetables may be taken together with dairy products, fats or protein foods, such as milk, buttermilk, cream, cheese, honey, milk, eggs, meat and nuts.

The acid foods should be avoided at the heavy meal consisting of starches, fats, proteins and alkaline vegetables. Some acid fruit may be taken before retiring.

It is good practice for everybody to have one meal of the day consist entirely of juicy fruits or raw vegetable salads so as to give full sway to their purifying effects upon the system, undisturbed by other kinds of food.

Another fallacy of certain food reformers is the idea that acid fruits and vegetables should not be

mixed at the same meal. Ever since we started in the sanitarium work have we mixed acid fruits and vegetables in the same salads and always with the best results. Many times patients, who were impressed with the idea of the incompatibility of fruits and vegetables and horrified at the sight of our "mixed salads," were pleasantly surprised when they found that this "bugaboo" was only a matter of imagination, "an error of mortal mind," as our Christian Science friends would call it.

It is impossible to make hard and fast general rules, as long as the human family is afflicted with so many varying digestive troubles. If all were normal, the normal diet outlined in Chapter I of this volume would do for all, with slight variations. But during the period of reconstruction and recovery from chronic digestive ailments, the diet will have to be adapted to the individual requirements.

Dr. I. H. Tilden, who has done much splendid work in the field of Natural Dietetics was, I believe, the originator of the idea that acids should not be mixed with starches—some people called it his hobby. It was accepted universally by diet reformers. The author (Dr. Lindlahr) for twenty years stood alone in his opposition to this idea as well as against the flushing fad, unfermented bread and many other popular fallacies.

About two years ago Dr. I. H. Tilden sent a leaflet to his students, patients and followers which read as follows:

SOME RECANTATIONS

Starch and Acid Fruits

In Volume I of the Food Books, I recommended against the use of starch and acid fruits in the same meal. Experience has

proved to me that only in those cases where there is great irritation of the stomach (catarrhal state) are these mixtures prohibitive. Ordinarily starch and almost any kind of fresh fruit can be eaten together with impunity.

Cooked fruits with sugar and cream, eaten with starch, may produce fermentation in all people who have irritation or catarrh of the stomach—the ordinary invalids—it matters not what disease they are suffering from. Baked apples without dressing can be used with bread or other starchy foods.

This subject is correctly set forth in Volume II of the Food Books.

Water Drinking

In both volumes of the Food Books I recommended free use of water for overcoming constipation. This is a mistake. All subjects who have a kidney secretion amounting to three pints or more a day and who are troubled with constipation, should stop all water drinking entirely at meals or between meals until the trouble is overcome, because in cases where large quantities of water are taken, there is a diversion of the fluids to the kidneys that should go to the bowels. In other words, there is a polyuria (excessive urination) established, which favors constipation.

All honor and respect is due to Dr. Tilden for the sincerity and courage which prompted him to publicly correct these errors.

Many years ago we wrote about “The Flushing Fad” in the *Nature Cure Magazine* and in the first issue of *Nature Cure Cook Book* as given on page 520, under the heading, “Drinking.”

Corroborative Evidence of the Importance of the Positive Mineral Elements in the Vital Economy

The importance of positive alkaline mineral elements in the vital economy is indicated by the remarkable tonic effects of saline solutions on living animal and human tissues.

Salts are compounds in which the hydrogen of acids has been replaced by positive alkaline mineral elements. These positive mineral elements are, therefore, present in all salts.

It is now a well known fact that salt solutions injected into the rectum have a decided tonic effect, in cases of grave depression or suspended animation resulting from shock, great loss of blood, surgical operations, or other profound influences on the nervous system. Saline solutions greatly stimulate the growth and activity of animal cells, even when detached from the parent organism. This is true, not only of single cells, but also of entire organs, as has been determined by actual experiments.

For instance, the hearts of frogs, rabbits and other laboratory animals will continue to beat when submerged in a saline solution, for a considerable length of time after they have been removed from the organism to which they belong. This seems to indicate a close relationship between the positive mineral elements contained in the salts and the activities of the life elements in animal and human bodies. These tonic effects of the salts of positive mineral elements explain why the latter have a **positive** effect upon the system, while the foods composed entirely of negative acid forming elements, produce **negative effects**.

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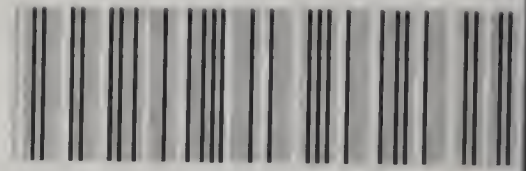
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